

Cold Stress Handout



BENEFITS

Protecting workers from exposure to the cold is just as important as protecting them from exposure to the heat. Workers exposed to extreme cold, snow and ice can develop injuries and illnesses such as frost bite and hypothermia. So it's critical that workers understand what cold stress is, the symptoms of common cold stress-related injuries and illnesses, appropriate first aid and—most importantly—how to protect themselves from cold stress.

HOW TO USE THE TOOL

Tailor this handout to comply with your company's OHS program and the OHS law in your jurisdiction and give it to all workers who may be exposed to the cold, snow and ice in the course of their work.

OTHER RESOURCES:

[Prevent Cold Stress Injuries and Liability with Exposure Control Plan](#)

Want more safety talks like this one? Go to [SafetyNow](#), which provides safety coordinators with tools to help them reinforce learning and manage their safety program, such as safety talks, quizzes, cost-of-injury worksheets and injury tracking

forms.