

PREVENT COLD INJURIES/ILLNESSES

WHAT IS A COLD WEATHER INJURY/ILLNESS?

Over exposure of a body part to cold, ranging mild- life threatening. Severity depends on what tissue layers are involved.


WHAT ARE THE SIGNS AND SYMPTOMS?

CHANGES IN SKIN COLOR/SENSATION
DEVELOPMENT OF LESIONS/BLISTERS


POOR JUDGEMENT
HARDENING OF EXTREMITY


DISCOMFORT, SHIVERING, NUMBNESS
CLUMSY MOVEMENT


PREVENTING COLD INJURIES/ILLNESSES - TO DO

 KEEP HANDS AND FEET DRY. AVOID TIGHT FITTING CLOTHING WHICH COULD DECREASE CIRCULATION. WEAR WATERPROOF SHOES.

 USE THE BUDDY SYSTEM - MONITOR YOUR PHYSICAL CONDITIONS AND THAT OF YOUR CO-WORKERS.

 MOVE INTO WARM LOCATIONS DURING BREAKS; LIMIT YOUR AMOUNT OF TIME OUTDOORS.

 DRESS IN MULTIPLE LAYERS. PACK AN EXTRA CHANGE OF CLOTHES SO YOU MAY REMOVE WET GARMETS IF NECESSARY.

 ENSURE ACCESS TO EMERGENCY SURVIVAL KIT (MATCHES, BLANKETS, 2400 CALORIE SNACKS, FLASHLIGHT, WATER, ETC.).

 STAY HYDRATED. AVOID ALCOHOL, CAFFEINE, & SMOKING.

PREVENTING COLD RELATED ILLNESS - DO NOT

X DO NOT THAW SITE IF RISK OF RE-FREEZING. DO NOT EXPOSE SITE TO A FIRE OR STOVE.

X DO NOT MASSAGE AN AFFECTED AREA.

X DO NOT USE THE AFFECTED LIMB UNTIL RE-WARMED UNDER MEDICAL MONITORING.

X DO NOT SOAK IN COLD WATER.

ACT FAST - TIME IS OF THE ESSENCE

IF THE WORKER IS NOT ALERT, FIRST CALL 911, THEN NOTIFY AXIOM.

- MOVE WORKER TO A WARM, DRY AREA.
- REMOVE WET CLOTHING, IF NECESSARY.
- IMMEDIATELY CONTACT AXIOM AT 877.502.9466 TO REPORT THE EMPLOYEE'S CONDITION.

REMINDER - RISK INCREASES WITH:

- EXISTING HEALTH CONDITIONS: HEART DISEASE, HIGH BLOOD PRESSURE, DIABETES.
- TAKING CERTAIN MEDICATIONS.
- POOR PHYSICAL CONDITION, POOR DIET OR INCREASING AGE.