

November 4, 2024

SAFETY



MONDAY



When the temperature drops, more of the body's energy goes into maintaining our internal body temperature.

Two things happen in cold weather

- Blood flow shifts away from extremities and skin to critical internal organs – which can increase the risk of frostbite; and
- It becomes more difficult for the body to replace the heat it's losing – which can increase the risk of hypothermia

To minimize these risks, here are some tips for avoiding "cold stress"

- **Drink plenty of water.** Water is needed to maintain normal body metabolism which is how we generate body heat.
- **Wear layers of loose clothing.** The air space between the layers of clothing provides excellent insulation and reduces body heat loss.
- **Schedule heavier work for the warmer part of the day.** Excessive sweat leads to convection cooling of the skin, which adds to cold stress when the air temperatures are colder.
- **Take frequent breaks** away from the cold and wind to allow your body, especially your extremities, to heat back up.

