

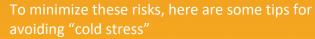
SAFETY MONDAY



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



- 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.





