

EXTREME COLD



Exposure to extreme cold and wind chill can put you at risk of:

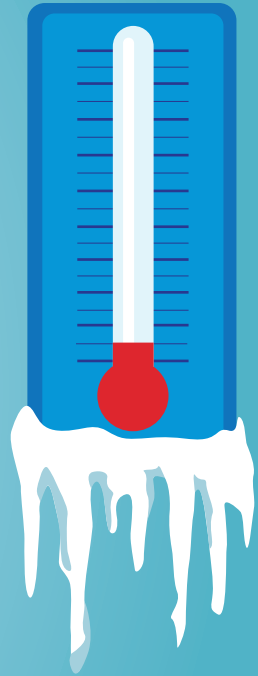
- Frost nip and frost bite
- Hypothermia
- Tissue damage

Being familiar with the symptoms of cold stress conditions:

- Pain in extremities (fingers & toes), whitish/bluish colored skin, severe shivering (uncontrolled), minor frost bite (frost nip) - red skin on tips of ears, nose, fingers, feeling of excessive fatigue, drowsiness, irritability, no pain - feet and legs feel like a block of wood, euphoria - feeling of elation or wellbeing

The cold, hard facts:

- 80 Canadians die every year from exposure to extreme cold
- Cold temperatures drop blood flow to hands and feet
- When temperature + wind chill makes it feel like -28°C or colder, skin can freeze in as little as 30 minutes



Dressing for the Cold

Adding layers will help keep you warm as the temperature drops

CHILLY



COLD



EXTREME COLD



Remember when working in extreme cold, cover up, keep moving and go inside when you get cold.