



## COLD STRESS

can be an occupational hazard, especially for those working outside. Cold stress starts when the body can no longer maintain its core temperature and begins shivering. Extended shivering results in fatigue, continued loss of body heat, and loss of coordination. Colder temperatures, wind chill, damp air, and cold water are all risk factors for developing cold stress. In extreme circumstances cold stress that is ignored can lead to frostbite and hypothermia. Wear warm, dry layers to retain body heat. Wear warm shoes that have traction to prevent falling in slippery conditions. Stretch your limbs often to keep blood circulating and increase dexterity. Be aware of your body's limits! Remember that the forecast does not usually account for wind chill. Be aware of additional hazards caused by inclement weather including: loss of vehicle handling, slippery walking surfaces, debris in paths, and falling tree branches.

## SYMPTOMS:

- Shivering
- Fatigue
- Loss of coordination
- Lowered core temperature

## WHAT TO DO!

- Check the forecast and plan ahead. Wear warm layers and shoes with traction!
- Know your body's limits!
- Be aware of inclement weather hazards. Avoid walking under trees in snow, ice, and wind.
- Report downed tree branches to CPFM's Work Control (541-346-2319).
- Report any injuries to your supervisor immediately!
- In an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance!



Check the forecast and plan ahead!



Wear warm layers and shoes with traction!



Avoid walking under trees in snowy, icy, or windy weather!

