



Cold Stress and Prevention

Extremely cold, wet, or windy weather is a dangerous situation that can cause occupational illness and injuries such as hypothermia, frostbite, trench foot, and chilblains. UVM Employees that spend a lot of time outdoors, and people with conditions that make it harder to regulate their body temperature are at highest risk.

Symptoms of cold stress include shivering, fatigue, loss of coordination, pale or blue skin, dilated pupils, reduced blood flow to extremities, numbness, or aching

Stay Warm

- Covering your skin. Protect the ears, face, hands and feet in extremely cold or wet weather.
- Wear appropriate loose fitted clothing. Dress in layers and wear a hat.
- Stay dry.
- Move into warm locations during breaks.
- Limiting your time outside.

Stay Hydrated

- Drink more water than you believe needed, it is still important to stay hydrated while working in colder temperatures.
- Be proactive, don't wait until you are thirsty to drink water.
- Do not drink alcoholic and caffeinated beverages.

Stay Informed

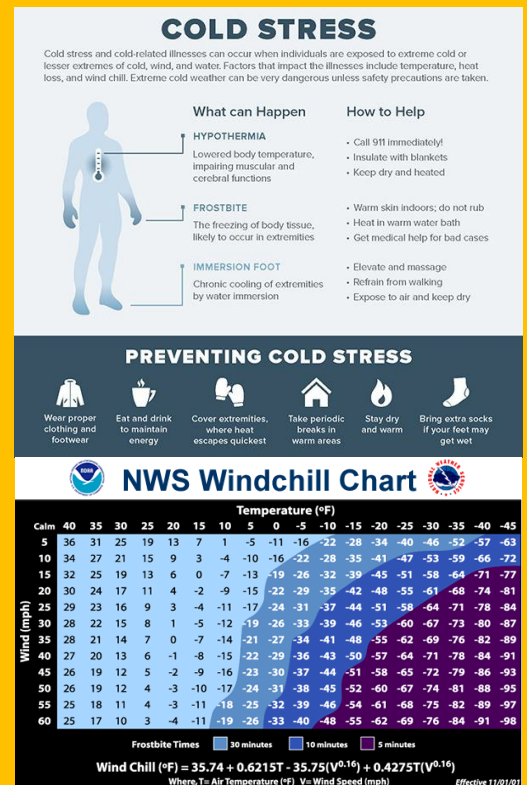
- Follow local weather and news reports.
- Sign up for weather alerts.

Listen to Your Body

- Monitor your physical condition.
- Ask for help if you feel unwell.
- Stop what you are doing if you experience any cold stress symptoms.
- Be more cautious if you have a chronic health condition.

Protect

- "Buddy System" - check in on fellow coworkers.
- Carry extra socks, gloves, hats, jacket, blankets, a change of clothes, and a thermos of hot liquid.
- Include chemical hot packs in your first aid kit



For more information on cold stress prevention, please visit:

[Extreme Temperatures](#) | [Environmental Health and Safety](#) | [The University of Vermont \(uvm.edu\)](#)

[OSHA Quick Card - Protecting Workers](#)

[Understanding Wind Chill \(weather.gov\)](#)

Thank you for continuing a culture of workplace safety.