

# Did You Know...

## Winter Hazards

The cold temperatures that are often part of our winters in North America can cause hazards in the workplace.

These hazards include, but are not limited to:

- **Cold Stress** – Exposure to the cold can lead to frostbite and hypothermia
- **Hypothermia** – The body can no longer maintain its core temperature, causing persistent shivering, confusion, and poor coordination
- **Frostbite** – Parts of the body are exposed to extremely cold temperatures or come into contact with cold objects, causing the tissues to freeze
- **Slips and Falls** – Snow, ice, slush and wet surfaces can cause slips and falls.
- **Carbon monoxide (CO)** – Fuel-fired heaters can release CO gas. CO is a clear, colourless gas that you can't smell or taste. It interferes with your body's ability to use oxygen.



**Nobody Gets Hurt, Today or Tomorrow**

## Prevent Cold-Related Health Problems:

- Wear several thin layers of clothing instead of one thick layer
- Wear synthetic fabrics such as polypropylene next to skin to wick sweat away
- Wear one pair of thick socks or two pairs of thin socks. Be aware that tight fitting footwear restricts blood flow.
- If you get hot while working, open your jacket but keep gloves and hat on.
- If your clothing gets wet, change it immediately.



## Prevent Slips and Falls:

- Clean the ice and snow off the soles of your boots, off the rungs of ladders, and from access areas and work platforms.
- Use sand, salt, or other de-icing material on walkways
- When walking, have at least one hand free to keep your balance or cushion your fall.

## Prevent Exposure to Gas:

- Use an in-direct fired heater when possible
- Check propane vehicle-cab heaters for leaks and proper venting

