



# RISK REMINDER

February 2023

Name: \_\_\_\_\_ Company: \_\_\_\_\_

## Winter Weather

As a continuation of last month's Risk Reminder "Preventing Winter Injuries," The winter time can be dangerous for getting around during these colder months. Where snow and ice can cause slipping and falling injuries, they also can cause cold stress illnesses. Cold stress illnesses occur when an employee is exposed to cold temperatures, cold and wet weather and wind (chill) and can cause serious injury or death.

### Cold stress illnesses are the following:

1. Hypothermia, which occurs when the body loses heat faster than it can replace it, causing the heart, nervous system, and other organs to malfunction and even fail;
2. Frostbite, which occurs when the skin and underlying tissues are damaged by the cold and often requires amputation;
3. Trench foot, which occurs when the feet are exposed to cold water for a significant amount of time, resulting in tissue death.

Workers with cold stress illnesses could face costly hospitalization or medical bills, or even life-changing amputations that could alter their ability to work in the future.

### A few general safety tips to keep in mind for workers exposed to cold conditions:

1. Train your employees to know the signs of cold stress.
2. Ensure employees take frequent breaks from working in freezing temperatures in a warm, dry shelter and also drink and eat warm foods and beverages.
3. Encourage employees to dress in layers of warm winter work clothes, including an inner layer that can absorb moisture. This also includes proper work boots.
4. Stay ahead of the weather to watch for potential storms and plan driving routes accordingly.

By following these tips, it will help protect them from the weather but also help improve the company safety culture by showing workers that their well-being is of high importance.



### Questions: True or False

Below zero wind chill is not a hazard?

*This report, and any attachments, is based upon conditions and practices observed and information supplied by management personnel (or their representative) and/or the employee(s) at the time of the visit. This report contains information intended for insurance purposes only, and was prepared solely for that purpose. CCMSI assumes no responsibility for the detection, identification, communication, mitigation, or elimination of any unsafe condition or practice associated with the operations of or safety program of any client. Inspections and recommendations made by CCMSI are advisory and designed to assist clients in the establishment and maintenance of their own safety activities. The client shall remain fully responsible for the implementation and operation of its own safety programs and for the detection and elimination of any unsafe conditions or practices. CCMSI assumes no responsibility for management or control of these activities, or for the correction of the conditions pointed out herein. CCMSI assumes no responsibility for any injury sustained by an employee of the client. Any unauthorized review, use, disclosure or distribution of this information is prohibited.*

**For more information contact your Loss Prevention Consultant at 800-252-5059.**