



# Recognize Cold Stress

Three stages every outdoor and cold-environment worker should know — before it becomes an emergency.

01

STAGE 1

## Cold Stress & Shivering

### WARNING SIGNS

- ❖ Persistent shivering
- ❖ Cold, numb fingers & toes
- ❖ Reduced dexterity

### WHAT TO DO

Move to a warm area. Add dry layers and swap out damp clothing. Warm up with a non-caffeinated hot drink. Resume work only once shivering stops.

02

STAGE 2

## Hypothermia (Mild–Moderate)

### WARNING SIGNS

- ❖ Shivering may slow or stop
- ❖ Slurred speech, confusion
- ❖ Clumsiness, stumbling
- ❖ Drowsiness, low energy

### STOP WORK · WARM GRADUALLY · GET HELP

Move worker to warmth. Remove wet clothing and wrap in dry blankets, covering the head. Give warm, sweet drinks if alert. Do not rub skin. Monitor closely and call for medical help.

03

STAGE 3

## Severe Hypothermia / Frostbite

### WARNING SIGNS

- ❖ Body temperature below 95°F
- ❖ Shivering has stopped
- ❖ Loss of consciousness
- ❖ White or grayish, waxy, numb skin

### CALL 911 IMMEDIATELY

This is a medical emergency. Handle the worker gently, keep them horizontal, and insulate from the ground. Do not rewarm frostbitten areas if refreezing is possible. Stay with them until EMS arrives.

## Prevent cold stress — Layer · Warm · Watch



### Dress in layers

Wear three loose layers: moisture-wicking base, insulating middle, wind/water-resistant outer. Keep a dry change on hand.



### Warm fluids & breaks

Schedule frequent breaks in heated areas. Drink warm, sweet, non-alcoholic beverages.



### Acclimatize & buddy up

New and returning workers need time to adjust. Work in pairs so symptoms get caught early.



### Watch the wind chill

Wind sharply raises frostbite risk. Track the wind-chill forecast and adjust work/warm-up cycles.