

ADVICE FOR EMPLOYERS

- Adjust work to weather conditions (work during the warmest part of a day, provide heated shelters, secure enough workers...)
- Provide enough rest periods
- Make teams of at least two workers
- Train appropriate number of workers in first aid, and inform all the workers on the first symptoms of hypothermia, frostnips, frostbites ... etc.
- Monitor working conditions (temperature, wind speed, Wind Chill Index)
- Provide adequate working clothing
- Prevent medical problems (engage healthy workers, provide warm beverages, prohibit alcohol consumption, inform workers on proper nutrition)

For those who want to learn more:

http://www.hzzzsr.hr/doc/news_prilozi/doc_1341233144_1.pdf

Image sources:

<http://www.hep.hr/publikacije/vjesnik/228.pdf>

http://www.hurriyetdailynews.com/images/news/201302/n_40815_4.jpg

http://search.deere.com/DDC/en_GB/Media_Gallery/

<http://www.avaz.ba/globus/region/sutra-bez-nastave-u-nekim-zagrebackim-skolama>

<http://www.lifemartini.com/wp-content/uploads/2012/02/Treat-Frostbite1.jpg>

<http://www.princeton.edu/~oa/graphics/hypowrap.gif>



Series of Flyers
Education for Better Health Protection and Safety at Work

WORKING OUTDOORS IN COLD WEATHER



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THE MOST ENDANGERED PROFESSIONS



- Construction workers
- Fishermen
- Forestry workers
- Emergency response (on the roads, transmission lines, gas pipelines...)

RISK FACTORS AT WORK



- Low temperature, wind speed
- Duration of exposure to cold
- Type and intensity of working activities
- Selection of working clothes

PPE FOR PROTECTION FROM COLD



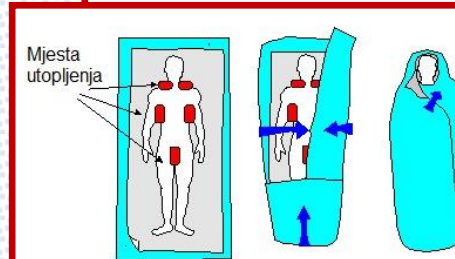
- Clothing (multilayered)
- Protective headgears (balaclava obliged)
- Footwear (waterproof), stockings (doubled, not cotton)
- Protective gloves (lined, leather)

HEALTH EFFECTS



- **Frostnips** (swelling, pain, local itching)
- **Trenchfoot or immersion foot** (swelling, pain, blistering and tissue necrosis)
- **Frostbites** (numbness, blistering and tissue necrosis)
- **Hypothermia** (shivering, tiredness, diminished consciousness, stiffened limbs)

FIRST AID



- Remove wet clothing and footwear
- Rewarm gradually the exposed body parts by exposing them to the room temperature
- Offer warm nonalcoholic beverages to a conscious person
- Put the unconscious person into recovery position, check vital signs, if the person is not breathing call the emergency and start resuscitation.