

# Cold Stress – Landscaping Infographic



# COLD STRESS

## SYMPTOMS, FIRST AID, & PREVENTION



### WHAT IS COLD STRESS?

COLD STRESS OCCURS WHEN THE COLD WEATHER CONDITIONS DRIVE DOWN SKIN TEMPERATURE, AND EVENTUALLY THE INTERNAL BODY TEMPERATURE. IT CAN AFFECT ANY EMPLOYEE WHO WORKS IN COLD AIR TEMPERATURES, INCLUDING OUTDOOR WORKERS AND FIRST RESPONDERS.

### RISK FACTORS

- ▶ WETNESS AND DAMPNES
- ▶ DRESSING IMPROPERLY
- ▶ EXHAUSTION
- ▶ PREDISPOSING HEALTH CONDITIONS SUCH AS HYPERTENSION, HYPOTHYROIDISM, AND DIABETES
- ▶ POOR PHYSICAL CONDITIONING



### TRENCH FOOT

A NON-FREEZING INJURY OF THE FEET CAUSED BY PROLONGED EXPOSURE TO WET AND COLD CONDITIONS. THE SYMPTOMS INCLUDE REDDENING SKIN, TINGLING, PAIN, SWELLING, LEG CRAMPS, NUMBNESS, AND BLISTERS.

### FROSTBITE

THE FREEZING OF THE SKIN AND TISSUES THAT CAN CAUSE REDDENED SKIN TO DEVELOP GRAY OR WHITE PATCHES IN THE FINGERS, TOES, NOSE, OR EARLOBES, ALONG WITH TINGLING, ACHING, A LOSS OF FEELING, AND BLISTERS.



Source: <https://ehsdailyadvisor.blr.com>