Cold Stress – Picture This



Cold is an occupational health hazard for many types of workers. If your job requires you to work outside in cold weather, it’s even more critical for you to be not only prepared with the proper gear to keep you safe from the dangers of the job, but also with proper clothing to keep you safe from the dangers of the cold.

Dressing properly is extremely important to preventing cold stress. Dressing properly for the cold depends on how long you’ll be outside, whether the conditions are wet or dry and how cold the temperature is.