

## **Cold Temperatures**

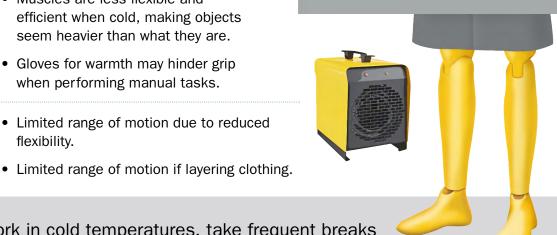
Affected Sectors: Fishing, Construction, Warehousing (Cold Storage), Food Processing, Manufacturing, Retail

Cold exposure is a contributing hazard to musculoskeletal injury. Cold exposure causes arteries to narrow which reduces muscle and soft tissue flexibility and efficiency.

Hazards	Contributing Factors
Force	<ul> <li>Muscles are less flexible and efficient when cold, making objects seem heavier than what they are.</li> </ul>
	<ul> <li>Gloves for warmth may hinder grip when performing manual tasks.</li> </ul>
Posture	Limited range of motion due to reduced

flexibility.

TIP: If you need to work in cold temperatures, take frequent breaks and stretch affected body parts to reduce stiffness and muscle fatigue.



## **Possible Controls**

## **Quick Wins**

- Provide your body time to warm up through stretching.
- · Begin with lighter tasks.
- Wear extra layers of clothes (being aware that range of motion may be limited as well as grip).
- · Provide access to heaters, hot drinks, and warmer areas (i.e. vehicles, shelters to block wind)
- Ensure PPE is insulated.

## **Long-Term Planning**

- Remove exposure to cold elements through workplace design.
- · Provide more mechanical options to replace physical demands.
- Rotate jobs out of cold environments.