

OCCUPATIONAL EXPOSURE TO COLD STRESS IN FEDERALLY REGULATED WORKPLACES

Do you have concerns?

IS THIS YOUR WORKPLACE OR INDUSTRY?

- Postal work (contractors/employees)
- Long shoring work
- Barge work
- Other outdoor work (ex. maintenance, inspections, training, emergency response)

YES

For information, refer to publication:
Thermal stress technical guideline.

CONCERNS ON COLD DAYS OR IN COLD ENVIRONMENTS:

- Are you unaware of the early signs and symptoms of cold stress?
- Do you feel that your clothing is not warm enough for the tasks you perform?
- Are you expected to work without a place and time to warm yourself in extreme cold weather?
- Are you at risk for immersion in water or do you work outdoors in winter for long durations?
- Do you work alone where you cannot easily communicate with fellow employees?
- Do you have any existing or previous chronic illness or cold-related injury?
- Is your skin/limbs swollen and tingling or numb after working outside?
- Do you ever feel confused, lose awareness or become unable to perform tasks in the cold?

ACTION TO TAKE

You answered "YES" to one or more of these questions or if you have other cold stress concerns.

Raise the issue with your supervisor.
Refer to the ***Internal complaint resolution process*** website.

UNRESOLVED?

Refer to Labour Program by telephone 1-800-641-4049 or consult canada.ca/workplace-health-safety.

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