



What Are the Hazards of Cold Weather?

Cold stress can lead to hypothermia and frostbite. Cold stress is caused by a



combination of cold or cool temperatures (50° F or less), wet weather and/or

conditions, high winds (40+ MPH), and inadequate clothing.

- Wear warm layers of correct clothing.
- Wear a head cover, warm gloves, and wool socks.
- Breaks in warm areas and hot liquids.
- Keep in good physical shape.
- Keep dry.

How Are Plants and Animals Hazardous?

Plants and animals can cause rashes, illness, and even death. Outdoor work can expose you to animal bites, such as from dogs or snakes, and to plants like poison ivy and poison oak.



To prevent problems:

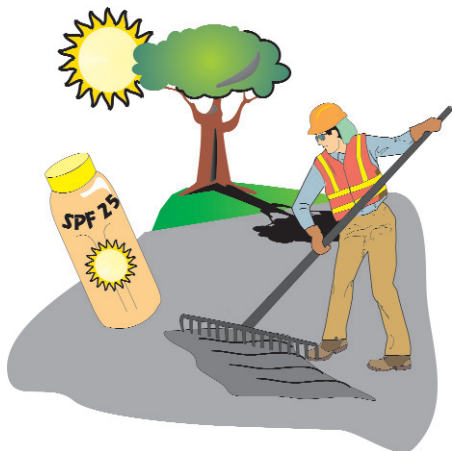
- Steer clear of animals.
- Learn to recognize, avoid poisonous plants.
- Wear long-sleeved shirts and pants.
- Check for tick bites each day.
- Get prompt treatment.

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Working Outdoors



What Is Our Risk from Sun Exposure?



Skin cancer is the most serious risk. You are at greater risk if you have lighter skin with freckles or moles. Work at higher elevations and work around reflective material like concrete or water also increase your risk.

Sun exposure also causes sunburn. The full effect of sunburn may not be obvious for 24 hours. Severe reactions — known as “sun poisoning” — may include fever, chills, nausea, or rash.

You can protect yourself from both with:

- A long-sleeved shirt and pants in neutral colors.
- A broad-brimmed hat with a neck flap.
- Safety glasses with tinted polarizing lenses.
- SPF 15-25 sun block applied 30 minutes before work and reapplied every 2 to 3 hours.
- Frequent checks of skin for early signs of cancer and seeing a dermatologist for check-ups.

What Are the Hazards of Hot Weather?

Hot weather can lead to heat stress, heat exhaustion, or heat stroke. Heat illness can be caused by a combination of:

- Heat exposure.
- High humidity.
- Non-breathing synthetic clothing.
- Not drinking enough fluids to replace sweat.
- Hard work, body heat, not being “acclimatized.”

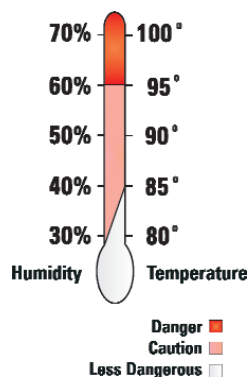


Heat stress can lead to heat rash, cramps, exhaustion, and stroke. Heat stress may be more likely if you are overweight and not fit. Alcohol greatly increases the risk.

What Is Heat Exhaustion?

Heat exhaustion is a dangerous illness. Symptoms include:

- Extreme weakness or fatigue.
- Dizziness, confusion.
- Nausea.



- Clammy moist skin
- Pale or flushed complexion.
- Slightly elevated body temperature.

Heat exhaustion treatment includes resting in a cool, shaded place and drinking plenty of water.

What Is Heat Stroke?

Heat stroke can cause hallucinations and death. Symptoms are red or spotted hot dry skin, no sweat, chills, high body temperature, mental confusion, and slurred speech. Call 911. Remove the victim to a cool shaded area. Soak clothes with water. Fan the body and apply ice to bring down temperature.

To protect yourself:

- Wear light-colored clothing.
- Gradually build up to heavy work.
- Schedule heavy work during coolest parts of day.
- Take more breaks in extreme heat and humidity.
- Drink lots of water, at least 2 to 3 quarts a day.

