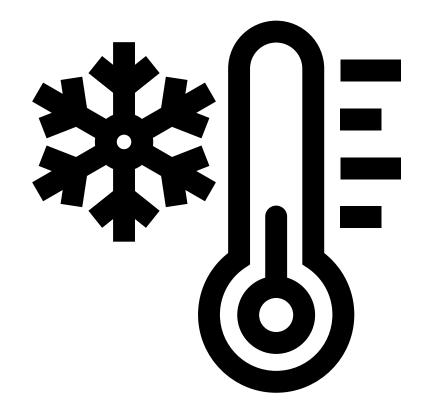


## **OVERVIEW** DEFINING COLD STRESS

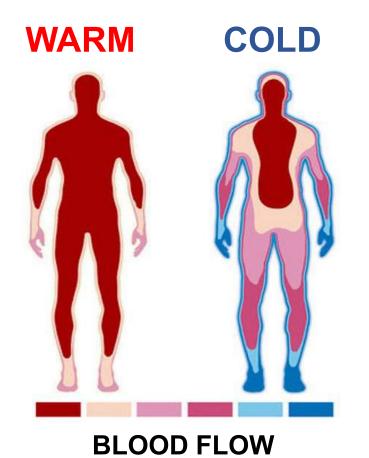


The body loses more heat than it can replace.

Body temp begins to fall below 98.6°F (37°C)

Severe illness occurs when body temperature drops to 95°F (35°C)

## COLD STRESS HOW THE BODY REACTS



Energy is spent trying to maintain your internal temperature.

Blood drawn away from extremities

Exposed skin and extremities cool rapidly



## COLD HARD FACTS COLD STRESS INJURIES & FATALITIES

#### 240 WORKER INJURIES + 3 FATALITIES CAUSED BY:





BLS Data, 2018

## COLD HARD FACTS COLD STRESS INJURIES & FATALITIES

PLUS AN ADDITIONAL 700 FATALITIES CAUSED BY SLIPS, TRIPS AND FALLS





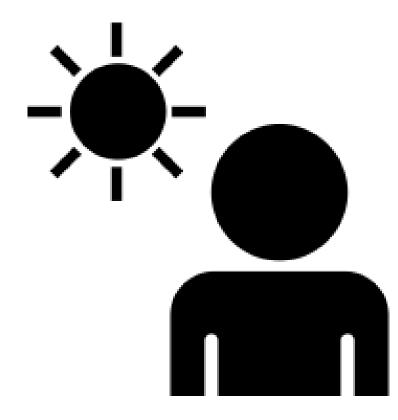
BLS Data, 2018



## UNITED STATES // 2018 AMERICA **DIAGNOSED WITH SKIN CANCER** R NUAL COST OF TREATING **SKIN CANCER IN THE USA** FIL BY SUN EXPOS SURE **CASES OF SKIN CANCER RISING**

**ergodyne**° ©2020 All Rights Reserved. All WRONGS REVERSED

## SUN EXPOSURE NOT JUST A SUMMER RISK



Outdoors workers are exposed to harmful UVA/UVB rays in both summer and winter months.

Those who work outdoors are **3.5 times more likely** to develop skin cancer than those who do not



# COLD-RELATED ILLNESS IS 100% PREVENTABLE BREAKS | WARMING PPE | TRACTION | SKIN PROTECTION

#### BREAKS | WARMING PPE TRACTION | SKIN PROTECTION

### Workers should be allowed and encouraged to take warm-up breaks.

Break time and frequency should be determined based on outdoor temperature and wind speed



#### BREAKS | WARMING PPE | TRACTION | SKIN PROTECTION



#### GEAR DESIGNED TO: TRAP HEAT AND BLOCK COLD, WIND AND PRECIPITATION

**ergodyne**® ©2020 All Rights Reserved. All wrongs reverse

#### BREAKS | WARMING PPE | TRACTION | SKIN PROTECTION

#### LAYERING IS KEY TO THRIVING IN COLD TEMPS:









### BREAKS | WARMING PPE | TRACTION | SKIN PROTECTION

#### PUT SLIPS ON ICE WITH ADDED TRACTION:



**SPIKELESS** INDOOR/OUTDOOR VERSATILITY





ICE CLEATS EXTRA BITE ON SHEER ICE





HEEL ONLY Climbing ladders, Driving ergodyne<sup>®</sup>

### WATER | REST | SHADE | COOLING PPE | SKIN PROTECTION

#### **OSHA'S RECOMMENDATIONS FOR OUTDOOR WORKERS:**







COVER EXPOSED SKIN **APPLY** SUNSCREEN 30+ SPF PROTECT Your (eye)balls ergodyne°

©2020 ALL RIGHTS RESERVED. ALL WRONGS REVERSED

### **THUMB YOUR NOSE AT OLD JACK FROST**

#### GET THE LATEST INNOVATION, EDUCATION AND GIVEAWAYS @ ergo.zone/go





#### BASE LAYERS // In cold weather, moisture is your enemy. Sweat and/or water on the surface of the skin will draw heat sway from the body, cooling is rapidly. That's what makes this first layer next to the body a critical one, as it pulls moisture away from the skin, keeping wearers warm and dry. When the goal is to stay warm, productive and agile, a moisture-wicking, quick-drying layer is key. Venting under arms and a slightly loose, non-compression fit garment also creates a breathable layer of air insulation.

#### MID LAYERS /

The human body loses 65 percent of its heat through radiation The minimum decay lowers as percent in the inter through rational once the air temperature drops below 85°7 (30°C). And this second layer - often your work gear or uniform - not only provides an added layer of insulation from the cold to trap body eat, but allows the wearer to react to changing temps and adjust their warmth by removing or adding layers as needed

#### OUTER LAYERS //

Wind and precipitation pull heat away from the body (AKA, convection). To guard against this, the third layer features durable materials designed to stand up to abrasion, wind, rain and snow, as well as the cold. But keeping the masty stuff out is only half the battle. Insulated shells should also allow for air and moisture to pass through to the outside, with venting adding another level of temperature control.



LEARN >>>

COLD STRESS EDUCATION



**COLD STRESS SOLUTIONS** 



**REQUEST WORKSITE SURVEY** 



