

An illustration of a laptop computer and a coffee cup. The laptop screen shows a large, stylized outline of a person's head and shoulders. The coffee cup has a logo that says "ergodyne" and "TENACIOUS".

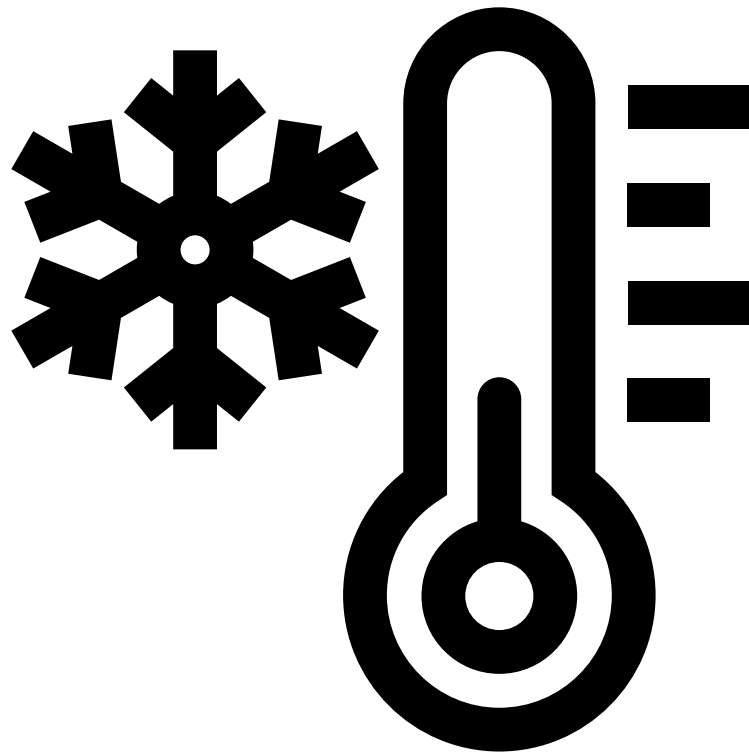
COFFEE BREAK SAFETY:

COLD STRESS

SOLVING WORKSITE SAFETY RISKS IN 5 MINUTES OR LESS

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

WARM



COLD



BLOOD FLOW

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:



HYPOTHERMIA



FROSTBITE



OVEREXERTION

BLS Data, 2018

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COLD HARD FACTS

COLD STRESS INJURIES & FATALITIES

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



BLS Data, 2018

ergodyne[®]

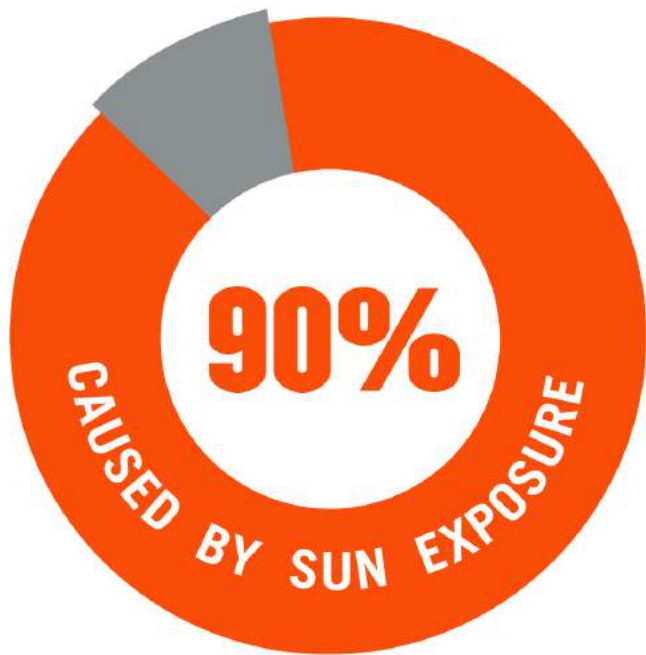
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SKIN PROTECTION

UNITED STATES // 2018

3 MILLION AMERICANS
DIAGNOSED WITH SKIN CANCER



\$8.1 BILLION

ANNUAL COST OF TREATING
SKIN CANCER IN THE USA

CASES OF SKIN CANCER RISING
10% ANNUALLY

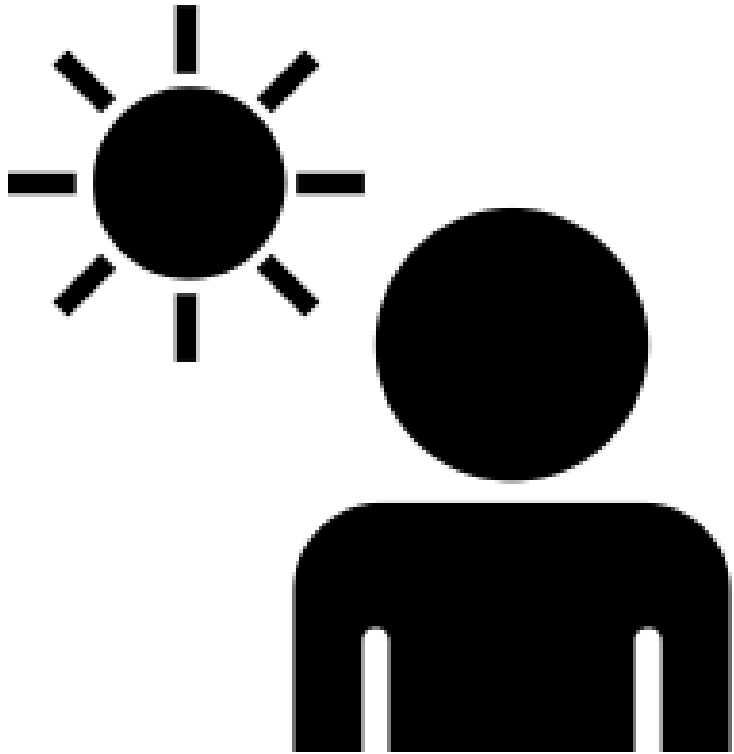


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SUN EXPOSURE

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

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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**

BREAKS | **WARMING PPE** | TRACTION | SKIN PROTECTION

LAYERING IS KEY TO THRIVING IN COLD TEMPS:

- 1 BASE LAYER**
MOISTURE WICKING
- 2 MID LAYER**
INSULATING
- 3 OUTER LAYER**
WEATHER BLOCKING



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[®]

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

OSHA'S RECOMMENDATIONS FOR OUTDOOR WORKERS:



COVER
EXPOSED SKIN



APPLY
SUNSCREEN 30+ SPF



PROTECT
YOUR (EYE)BALLS

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THUMB YOUR NOSE AT OLD JACK FROST

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REQUEST WORKSITE SURVEY

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