



# Cold Stress

Employees can be exposed to cold temperatures when working outside during winter weather or indoors in refrigerated or freezer areas. Extremely cold or wet conditions are dangerous situations that can cause occupational illness and injuries such as frostbite, hypothermia, and death.

## Safety Tips for Workers

Know the symptoms of cold stress. Monitor your physical condition and that of your coworkers. Dress appropriately for the cold. Stay dry because moisture or dampness, e.g., from sweating, can increase the rate of heat loss from the body. Keep extra clothing (including underwear) handy in case you get wet and need to change. Drink warm fluids (no alcohol). Use proper engineering controls, safe work practices, and personal protective equipment provided by your employer.

## Kentucky Safe

What is a consultative survey? A consultative survey is a courtesy inspection (workplace evaluation) conducted at the specific request of an employer or employer representative. The purpose of a survey is to encourage and assist employers in providing a safe and healthy workplace for their employees by identifying workplace hazards.



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## Division of Wages and Hours

The Division of Wages and Hours is responsible for the administration and enforcement of Kentucky's labor laws relating to minimum wage, overtime, wage payment, lunch breaks, rest periods, payroll deductions, child labor and wage discrimination.