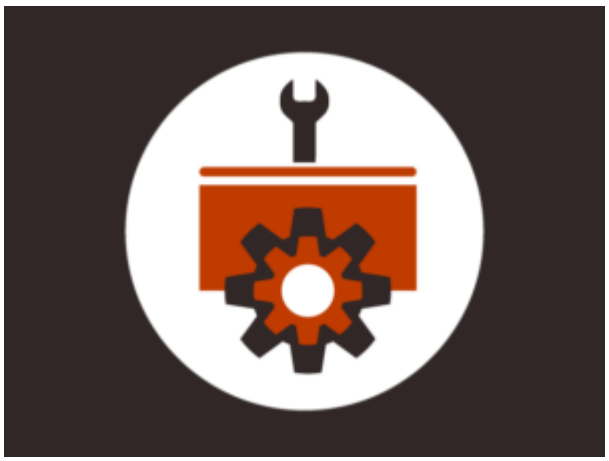
NIOSH Cold Stress Fast Facts



Signs and symptoms of cold stress including first aid steps.

Protecting Yourself from Cold Stress

Workers who are exposed to extreme cold or work in cold environments may be at risk of cold stress. Extremely cold or wet weather is a dangerous situation that can cause occupational illness and injuries such as hypothermia, frostbite, trench foot, and chilblains.

Hypothermia
A condition in which the body uses up its stored energy and can no longer produce heat. Often occurs after…