

# 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...