

Work Smarter



Reduce your risk from extreme heat and cold.

Photos courtesy of Ron Jeffers, Union City, New Jersey, and Bob Esposito.

Follow these tips to improve your safety and fitness on the job.

Extreme heat exposure can cause the following significant injuries and illnesses:

- Elevated core body temperature.
- Increased cardiovascular strain.
- Muscular fatigue.
- Impaired balance.
- Diminished cognition.
- Heat stress injuries can lead to a medical emergency.

Here are things you can do to reduce your risk of heat stress:

- Recognize and heed the signs and symptoms of heat stress.
- Maintain adequate hydration and good nutritional diet.
- Acclimatize to heat.
- Maintain excellent physical fitness and appropriate body weight.
- Adhere to recommended work/rest cycles provided by your organization.
- Recognize individual medical conditions that could add to your heat stress-related risk.
- Report signs and symptoms of heat-related stress immediately.
- Modify behaviors that contribute to heat stress risk factors:
 - ▶ Obesity.
 - ▶ Smoking.
 - ▶ Alcohol intake.

Extreme cold exposure can cause the following significant injuries and illnesses:

- Impacts on skin and core temperatures.
- Loss of dexterity.
- Loss of feeling in extremities.
- Skin injury.
- Numbness, tingling and pain.
- Impaired judgment, joint stiffness, vital sign changes, confusion, etc.
- Can result in a minor to significant medical emergency.

Here are things you can do to reduce your risk of cold exposure:

- Select suitable clothing, including hats and gloves, to protect your extremities.
- Adhere to appropriate work/rest cycles defined by your organization.
- Rest cycles should include staying dry and changing clothes if necessary.
- Consider your own medical conditions including illness, disease and medication in relation to cold tolerance.

Download or order your free copy* of the U.S. Fire Administration's "Emergency Services Ergonomics and Wellness" handbook to learn more corrective measures to help increase the safety of emergency responders, reduce the costs of worker's compensation claims, maximize the longevity of emergency service careers, and assist with sending personnel into healthy retirements.

*Quantity restrictions apply.



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