

# ***Cold Stress Facts***

---

## ***RISK FACTORS FOR COLD STRESS***

- Working in a wet or damp environment
- Wearing clothing that's not appropriate for the weather
- Being out of shape or physically exhausted
- Having a predisposing medical condition

## ***INJURIES CAUSED BY COLD STRESS***

- Hypothermia: core body temperatures get too low
- Frostbite: skin and tissues freeze
- Trench foot: tissues in the feet are damaged without freezing
- Chilblains: blood vessels near the surface of the skin are damaged by cold

## ***CLOTHING TO HELP PREVENT COLD STRESS***

- Knit mask to cover the face and mouth
- Hat or hood to reduce body heat leaving the head
- Insulated gloves resistant to water
- Three layers of loose fitting clothing, including an inner layer to keep moisture away from the body, a middle layer to provide insulation and an outer wind-and-rain protection layer that allows ventilation

**FOR MORE INFO, VISIT [NAVALSAFETYCOMMAND.NAVY.MIL](http://NAVALSAFETYCOMMAND.NAVY.MIL)**

