

WORKING IN A COLD STORE

ENVIRONMENT ADVICE FOR EMPLOYEES



'Keep Warm' advice

A cold environment is a health hazard and as such keeping warm is fundamental for all employees. This is a short and simple guide to keeping warm and safe in a cold store environment.

Use the special low-temperature clothing provided by your employer.

Choose clothes according to the job, not only the temperature. Report to your employer any loss or obvious defect with the personal protective equipment supplied to you.

Avoid excessive sweating.

Reduce the numbers of layers you are wearing when highly active and add layers when you are less active. Also, when you are on your break, dry your clothes both inside and out.

Smoking and drinking alcohol

can affect the blood flow to your hands, arms, feet and legs e.g. alcohol dangerously affects the body's ability to regulate and conserve heat, while smoking can affect your circulatory system in the long term.

Drink lots of water

Cut down on tea and coffee as they contain caffeine which acts as a diuretic and can dehydrate you.

Don't wear clothing that is too small or too tight

This restricts blood flow, preventing warm blood entering your extremities. Instead, drink water, soup or hot chocolate.

Prescriptive, non-prescriptive and recreational drugs

Employees should also be aware that might affect your ability to regulate your body temperature in cold environments.

Consider your diet.

A healthy diet will provide your body with the necessary nutrients to function safely in the cold. Working in a cold environment there is a tendency for your body metabolism to demand more energy.

Protect bare skin.

Cover all areas that may become exposed to cold temperature or wind. Do not touch cold metal or plastic objects and surfaces with bare hands or skin.

Pay attention!

Cold hands and feet indicate a drop in body temperature. Get out of the cold if you experience extreme drowsiness, loss of balance, extreme shivering or slower than normal breathing, as these are early signs of hypothermia.

Always consider safety first

The safety of you and your colleagues is paramount.

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