

WORKING IN EXTREME COLD

Once again this year, as winter has only just begun, the extreme cold weather has been felt earlier, especially in Western Canada during the holiday season. With the onset of extreme cold, we are once again faced with the COVID-19 virus, specifically the OMICRON variant that is wreaking havoc around the world.

Again this year, the pandemic adds a huge challenge due to the personal protective equipment (PPE) for outdoor work, as well as the different sanitary measures to be respected inside the different workplaces. Be aware of the different measures imposed for your health and safety. Whether it is for you or your coworkers, please take the following precautions to protect yourself from the cold:

TAKE PRECAUTIONS

- Slow down. Your body will not perform at its best in cold temperatures.
- Take your breaks, and try to do so out of the cold. Pushing straight through is not the answer.
- Balanced meals and adequate liquid intake are essential for body heat production and the prevention of dehydration. Preferably, drink hot beverages. Avoid alcohol, since it causes blood vessels to dilate, which provokes rapid loss of body heat and increases the risk of hypothermia.
- Proper clothing is the best defense against extreme cold. Wear several layers of clothing. This allows body moisture to escape and prevent any outside dampness from getting in.
- Make sure you have enough face coverings with you.
- Replace your face covering as soon as it becomes damp or soiled.

PROLONGED EXPOSURE TO EXTREME COLD

Prolonged exposure to extreme cold may produce the following symptoms:

Frostnip (mild frostbite):

Frostnip is a superficial freezing of the skin. There is a burning or tingling sensation, but the skin remains soft to the touch.

- If the skin is warmed up immediately, with a warm hand for example, it will thaw and there will be no damage to the skin or tissues below.

Frostbite:

Frostbite is a deeper condition where both the skin and underlying layers (fat, muscle, bones) become frozen. The skin becomes white and numb. This is a serious injury requiring medical attention.

- While waiting for medical attention, bring the victim into a warm location. Avoid rubbing the frostbitten areas.

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As long as the wind chill factor does not go beyond -27° C, the risk of frostbite is very low. However, it increases quickly with a wind chill of between -28° and -39° C. When wind chill reaches -40° C or more, frostbite can follow within 10 minutes for most people. At -55° C or more, it can occur in two minutes or less.

Hypothermia:

Hypothermia occurs when body temperature falls below 35° C .Various symptoms may develop: fatigue, dizziness, spasms, bluish skin, confusion, etc.

- When hypothermia occurs, immediate medical attention is necessary. Call an ambulance. Do not leave the victim unattended. Remove any wet clothes and put on warm, dry clothing. Wrap the victim up in warm blankets. Provide hot, slightly sweet beverages, but avoid any caffeinated drinks.

TAKE CARE AND REPORT INCIDENTS

There are no federal regulations on exposure to extreme cold. If you attempt your work and find it to be unsafe, you can exercise your right to refuse unsafe work. How? Inform your supervisor and shop steward that you are invoking your right to refuse under clause 33.13 (URBAN unit), or under the appropriate *Labour Code* provisions for URBAN, RSMC and Private Sector Bargaining Unit members.

Report any incident or condition resulting from exposure to extreme cold. Your supervisor should then investigate, with a union representative present.

In solidarity,



Marc Roussel
National Union Representative
Health and Safety

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