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Considerations for Extreme Cold Weather

Extreme cold can pose significant risks to health, safety, and property. Here's important information about extreme cold, including its effects, risks, and how to prepare:

Understanding Extreme Cold

Definition: Extreme cold typically refers to temperatures well below freezing (32°F or 0°C) that can be hazardous, especially when wind chill factors make it feel even colder.

Wind Chill: The wind chill factor can make temperatures feel significantly colder than they actually are. For example, a temperature of 20°F with a wind speed of 20 mph can feel like 5°F.

Risks Associated with Extreme Cold

1. **Hypothermia:** Occurs when body temperature drops below 95°F (35°C). Symptoms include shivering, confusion, slurred speech, and drowsiness.
2. **Frostbite:** A condition where skin and underlying tissues freeze. Commonly affects fingers, toes, earlobes, and the nose. Symptoms include numbness, tingling, and discoloration of the skin.
3. **Chilblains:** Painful inflammation of small blood vessels in the skin due to repeated exposure to cold, leading to redness, swelling, and itching.
4. **Carbon Monoxide Poisoning:** Increased use of heaters can lead to carbon monoxide buildup, which is dangerous if proper ventilation isn't maintained.
5. **Ice Hazards:** Slips and falls on ice-covered surfaces can result in injuries.

Preparation for Extreme Cold

1. **Weather Alerts:** Stay informed by monitoring local weather reports and advisories. Sign up for alerts if available.
2. **Clothing:**
 - Dress in layers to trap heat.
 - Wear insulated, waterproof boots, hats, gloves, and scarves to protect extremities.
3. **Building Preparation:**
 - Insulate pipes to prevent freezing.
 - Seal drafts around windows and doors to keep heat in.



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- Keep your facility heated to a minimum of 68°F (20°C).
- 4. Emergency Kit:** Prepare an emergency kit with essentials, including:
 - Non-perishable food and water (enough for at least 72 hours)
 - Flashlights and extra batteries
 - First aid supplies
 - 5. Heating Safety:**
 - Use space heaters safely, keeping them at least three feet away from flammable objects.
 - Install carbon monoxide detectors throughout each facility.
 - 6. Vehicle Preparedness:**
 - Keep your gas tank at least half full to prevent fuel line freeze.
 - Carry an emergency kit in your vehicle, including blankets, food, water, a flashlight, and a shovel.

By understanding these aspects and preparing in advance, you can significantly reduce the risks associated with earthquakes and ensure better safety for yourself and your staff.

