

KSU Facilities Safety Bulletin

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Cold Stress

Cold stress is a common hazard in emergency response activities such as natural disasters. Workers in this line of work may be required to work in cold environments for extended periods. The following frequently asked questions will help employees facing a hazardous situation be aware of what cold stress is, how it may affect their health and safety, and how it can be prevented.

How cold is too cold?

When the body is unable to warm itself, cold related stress may result. This may include tissue damage and possibly death.

Four contributing factors:

- Cold Air Temperatures
- High Velocity Air Movement
- Dampness of the Air
- Contact with Cold Water or Surfaces

What preventive measures should workers take?

Employers and employees must plan for work in cold weather. Keep the following recommendations in mind when working in cold environments:

- Protective clothing is the most important way to avoid cold stress.
- Drink plenty of liquids. It is easy to become dehydrated in cold weather.
- Control temperatures as much as possible.
- Increase safety awareness with training. Disseminating vital information on cold stress recognition and treatment is important.

Source: <https://hsi.com/course-library/safety-compliance/osha/cold-stress>

October Vivid Courses

Office: Cold Stress

Custodial & Operations: Confined Space Overview

Confined Space

Many workplaces contain spaces that are considered “confined” because of their configurations. A confined space is large enough and configured in such a way that you can enter and perform assigned work. A confined space has a limited or restricted means of entrance or exit, and a configuration that can make first aid, rescue, evacuation, or other emergency response activities difficult. They are not designed or intended for continuous occupancy.

Examples include storage tanks or bins, mixing tanks, railroad tank cars, silos, vaults, and pits. Confined spaces create the ideal conditions for the onset of claustrophobia. Confined spaces can be large or small and above or below ground.

There are two types of confined spaces, non-permit required, and permit required.

Permit required confined spaces are identified by one or more of the following:

- A hazardous atmosphere
- A hazardous internal configuration
- An entrapment hazard
- Other physical, chemical, mechanical, or biological hazards.

Source: <https://hsi.com/course-library/safety-compliance/osha/confined-spaces>

KSU Confined Space Entry: <https://www.k-state.edu/safety/occupational/confined-spaces/>