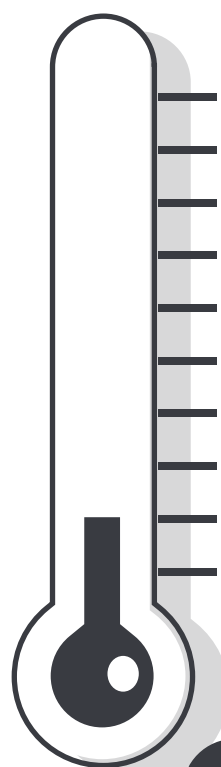


# Stay warm and safe this winter

**arco**<sup>®</sup>  
Experts in Safety

**UNCOMFORTABLY  
HOT OR COLD  
ENVIRONMENTS  
= UNSAFE BEHAVIOUR**



TAKING **SHORT CUTS**  
TO GET OUT OF **COLD**  
**ENVIRONMENTS**



INCREASED MISTAKES  
DUE TO **LACK OF FOCUS**

WORKERS MIGHT  
**REMOVE PPE**  
TO TRY AND **GET**  
**COMFORTABLE**



Employers need to be aware of the risks and underlying reasons, addressing them is likely to improve morale, productivity and health and safety



**TO RETAIN  
HEAT**, the body  
reduces blood flow to its  
extremities (hands, feet,  
arms and legs) causing  
them to cool rapidly,  
increasing the risk of injury

When in **COLD  
ENVIRONMENTS** the  
majority of the body's energy  
is used to maintain the **CORE  
TEMPERATURE** of  
**37°C\***

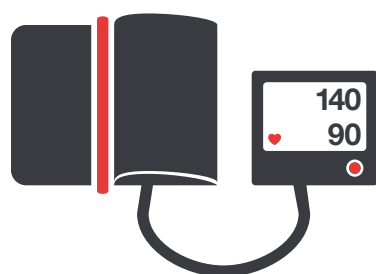


## THERMAL COMFORT - HUMAN VARIABILITY

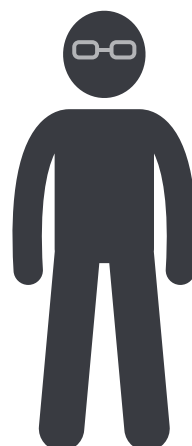
**POOR GENERAL HEALTH** and **LOW FITNESS LEVEL**  
= people **FEELING EXTREME** **HEAT** OR **COLD**



ANYONE CARRYING  
**EXTRA WEIGHT**



INDIVIDUALS WITH  
**HIGH BLOOD  
PRESSURE**



WORKERS  
**AGED 45  
AND OVER**



PEOPLE  
TAKING  
**MEDICATION**

These factors all affect how people perceive thermal comfort, even if they are doing the same work in the same environment