Cold Storage & Freezer Work: Unique Risks of Chill Environments Picture This



This image shows a worker inside a large cold storage freezer, surrounded by stacked pallets and frosted metal shelving. The air is dim, the floor is slick with thin ice buildup, and the worker’s breath is visible in the freezing temperature. As they move a load with a pallet jack, their boots begin to lose traction, and their hands stiffen from the cold. In this environment, even a simple task becomes more dangerous because cold slows reaction time and reduces grip strength.

Cold storage hazards go beyond discomfort. Workers face increased

risk of slips and falls, frostbite, cold stress, and being trapped in isolated freezer spaces where help may not arrive quickly. Poor visibility, heavy equipment traffic, and icy surfaces can lead to crushing injuries or fatal incidents in seconds. Always wear proper thermal PPE, use slip-resistant footwear, maintain clear communication, monitor time spent in extreme cold, and ensure freezer areas have emergency exits, alarms, and safe work procedures. In cold storage, the chill itself can become a serious workplace hazard.