TOOLBOX TALK

WINTER WEATHER AND COLD STRESS SAFETY

OSH Act of 1970 [Section 5(a)(1)]

Working outside during the winter months can be extremely hazardous. Keep these tips in mind when you're working outside to avoid frostbite, hypothermia and other cold-weather injuries.

Dress in layers that can be added and removed as you get warmer and colder. Don't overdress as it could restrict your movements and increase the chances of an accident. If you get too hot, sweating which can cause your clothing to become wet, making it ineffective.

Keep your head and hands warm with a hat and gloves. If you think your PPE (including eyewear, boots, hats and gloves) isn't properly protecting you from the hazards of cold weather, contact your supervisor.

Take frequent breaks in a warm, dry area to limit the effects of exposure to the cold temperatures. If you do not know where your designated area is, ask your supervisor.

Eat hearty lunches and breakfasts so you have enough energy to complete your duties. Also, drink warm sugary water or sports drinks throughout the day to replenish lost energy. Avoid caffeinated beverages because they are dehydrating.

Work with a buddy as much as possible and keep an eye on him or her for symptoms of cold stress (below). If you think you or your coworker is suffering from cold stress, get to a warm and dry place and notify a supervisor immediately.

- **Hypothermia:** Shivering at first and then suddenly stops, feet stomping to generate heat, poor motor skills, confusion and disorientation, inability to walk or stand, dilated pupils and slow pulse and breath
- **Frostbite:** Reddened skin with gray and white patches, skin and limb numbness, firm or hard skin and limbs and blisters (severe cases)

OUR SITE SPECIFIC REQUIREMENTS/PROCEDURES

Discussion Date: _____

Employee Participants:

Continue employee participants on back if needed ▶

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