Job Task

Working in Cold Weather/ Conditions

Hazard Review

Hypothermia

1. Whenever possible, schedule coldest part of work for the warmest part of the day.
2. Reorganize work procedures to minimize sitting still or standing for long periods of time.
3. All employees who have not been working in the cold environment must adjust to the cold before expecting to be fully productive (5-7 days).
4. Be sure to drink plenty of warm, sweet, caffeine free, non-alcoholic drinks or soup.
5. Take regular rest breaks.
6. Wear the proper clothing in layers. Cotton, polypropylene or lightweight wool should be next to the skin. Outer garments should be of waterproof, wind resistant material like nylon.
7. A good example of layering would be a wool shirt or sweater over a cotton one and then an outer nylon jacket.
8. Employees should be sure to wear a hat or other head covering as up to 40% of heat loss can occur when the head is exposed.
9. Wear waterproof boots with two pairs of socks. The inner pair should be cotton and the outer pair wool.
10. Employees should wear gloves for light to moderate work anytime the air temperature falls below 40 degrees F.
11. Keep as dry as possible and have extra clothing readily available to change into if you do get wet.
12. Remember! The frequency of incidents is higher in cold weather. Make allowances for your slowed reflexes and numbed hands when doing your job.
13. Prevent lengthy exposure in cold weather, because hypothermia is a major cause of death.