

COLD WEATHER SAFETY

Summer and fall are gone and the winter months are upon us. Even though it's cold outside we still have to get to work and get the job done. There are several things we can do to keep warm and prevent cold weather related accidents.

The first thing we want to do is to keep our body temperature at or about normal, 98.6F. This can be accomplished by wearing layers of clothing both inside and outdoors. Wear cotton or lightweight wool underwear next to your skin and wear wool layers over your underwear. Keep dry by having proper rain gear available and a pair of good, waterproof boots. An extra pair of clean, dry socks can really come in handy. Don't forget to protect your neck and ears; you can lose a lot of heat from these two areas, and a good pair of gloves is essential.

Do you know the signs of frostbite? Skin will become white and you won't have much circulation. In the worst case, blisters will form but you won't feel any pain.

First Aid for Frostbite

- Add extra clothing or use a blanket to cover the frozen area
- Get out of the cold and into a warm location
- The frozen area may be immersed in warm water but NEVER use hot water
- Seek professional medical attention
- NEVER rub the frozen part of the body with snow

Another area of concern during cold weather is the use of portable heaters. If they are not maintained properly they can cause accidents. Carbon monoxide can result from poor ventilation and from incomplete fuel burn.

Cold weather also brings driving hazards into play with ice and snow. Use extra caution when driving during snow or possible icy conditions. Drive slowly and leave extra distances for stopping. Brakes can be your enemy when ice is on the roads so your best bet is to drive slow enough and leave enough distance between you and other to not need as much braking.

Use ice melt on all walkways and steps. Ladders and scaffolding may not be usable if there is any ice on them. Take extra time to identify any other possible cold weather hazards.

Safety Recommendations: _____

Job Specific Topics: _____

Attended By:
