



TOOLBOX TALK #3

Monday Morning Safety Reminders

Vol. 1 No. 3

SAFETY IN THE COLD

It's winter again and it's important to recognize the unique hazards associated with cold weather. There are several factors that come into play during this time of year to need to keep in mind as we enter the job site.

The first step is prevention. Dress for the occasion. It may warm up during the day, so wear layered clothing. Make sure you wear cotton as the first layer, as this will absorb perspiration and not add to the problem of working in bitter cold. It's also important to cover the extremities: head, feet and hands. More heat leaves your body from your head than any other part of the body, and that applies to everyone, not just you "hot heads."

Wear work gloves over hand gloves for warmth and protection when the weather is particularly cold. Bring a change of clothing in the event that you get wet. If it's freezing and you get wet, you may miss part of the workday, so having an extra set will keep you safely on the job.

Be aware of the signs of hypothermia among yourself and your co-workers. Some of the outward signs of hypothermia are acting confused or incoherent, uncontrollable shaking, change in skin color and loss of coordination. We should act before things get to this point, but if you start feeling any of these signs, or notice them in others, take action. You are permitted warm up breaks as necessary to avoid this.

Make sure your protective clothing doesn't create a hazard of its own. Coats, caps and other winter clothing is susceptible to getting caught on pointed objects. Gloves can affect the way you handle tools and other objects. As always, be alert, be aware of your surroundings and watch out for others. Cold can hurt you.

Facilitator Notes: If the weather is cold, look for some good examples among your crew of proper dress and point them out. If you see bad examples, point them out as well, but don't embarrass. Cover the other issues related to cold weather, and don't limit your talk to clothing. Emphasize as with other issues that your industry has unique exposures to injury and illness and avoiding them is part of being a professional.

Additional Notes: _____

Crew Member Comments: _____

Presented By: _____ **Date/Time** _____

Attendees: _____

List additional attendees on back of sheet