



# Toolbox Talks

A WEEKLY HANDY GUIDE FOR YOUR SAFETY MEETINGS

## Winter Weather Safety

*What this Toolbox Talk Covers:*

- ✓ The “Dos” and “Don’ts” for extreme winter weather safety

*Discussion Leader Duties:*

- ✓ Obtain appropriate examples of winter weather protective clothing (insulated hat, gloves and boots)

*Discussion Notes:*

- ✓ Discuss the outcomes of the “Dos” and “Don’ts”

**Do**

- Know the potential health hazards of extreme weather working conditions.
- Know the symptoms of cold stress (disorientation, fatigue, numbness, lack of coordination).
- Monitor your physical condition and that of your coworkers.
- Wear proper clothing for winter weather – at least three layers of loose-fitting clothing.
- Wear a hat that will cover your ears and insulated gloves to prevent cold stress.
- Keep extra warm clothing on hand.
- Drink warm sweetened fluids.
- Take frequent short breaks in a warm location.
- Try to work in the warmest part of the day.
- Be aware that workers are more prone to cold stress when taking certain medications and/or in poor physical health.
- Provide engineering controls (for example, radiant heaters).
- Develop a plan to identify hazards and the safety measures that will be used.

**Don’t**

- Drink alcohol to stay warm.
- Wear tight clothing to stay warm.
- Stay outside in extreme cold temperature for a prolonged amount of time.
- Ignore symptoms of cold stress.
- Ignore feelings of disorientation, numbness or a slowed pulse.

*Discussion questions:*

1. What are the best ways to prevent cold stress?
2. What safety precautions should be taken in extreme cold weather?
3. Describe the different symptoms of cold stress.

**Meeting note:**

Employee comments/concerns: \_\_\_\_\_

Other safety issues to be addressed on the job/facility: \_\_\_\_\_

<b>Training record:</b>	Date: _____	Jobsite/Facility: _____	
	Trainer: _____	Title: _____	
Employee name (print)	/ (signature)	Employee name (print)	/ (signature)
_____	/	_____	/
_____	/	_____	/
_____	/	_____	/

(Continue recording signatures on a separate sheet of paper) Employee Quiz is provided on last page.

Answers are: 1 (d), 2. (b), 3. (e), 4. (a), 5. (b)



TEXAS CONSTRUCTION ASSOCIATION WORKERS' COMP SAFETY GROUP

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## Winter Weather Safety

### Extreme Weather Hazards:

Health hazards, exhaustion and fatigue

### Smart Safety Rules:

- Wear layered clothes
- Wear loose-fitting clothes
- Keep extra clothing handy
- Drink warm fluids
- Limit exposure to extreme temperatures
- Take frequent breaks in warm spaces
- Monitor yourself and your coworkers for disorientation, numbness and fatigue
- Use proper safe work practices and personal protective gear



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## Employee Quiz

Topic:  
**Winter Weather Safety**

Employee Name: \_\_\_\_\_

Circle the correct answer below.

1. Appropriate clothing for extreme winter weather conditions includes:
  - a. Hat that covers your ears
  - b. Loose layers of clothes
  - c. Insulated gloves
  - d. All of the above
2. Would it be okay to drink alcohol to stay warm?
  - a. Yes
  - b. No
3. Which of the following are symptoms of cold stress?
  - a. Disorientation
  - b. Numbness
  - c. Fatigue
  - d. Loss of coordination
  - e. All of the above
4. Frequent breaks in warm spaces will help protect against cold weather hazards.
  - a. True
  - b. False
5. It is better to wear tight clothing to stay warm in extreme weather conditions.
  - a. True
  - b. False

Training record:      Date: \_\_\_\_\_      Jobsite/Facility: \_\_\_\_\_  
Trainer: \_\_\_\_\_      Title: \_\_\_\_\_