

## Working Safely in Cold Weather

Working in cold weather conditions, especially on days with very low wind chill temperatures, may pose unique hazards to workers. Employers and employees should take simple precautions, such as:

- ▲ Wear several layers of clothing rather than one thick layer
- ▲ Cover the ears, wear gloves, and use a warm wool hat or helmet liner under the hard hat to prevent body heat from escaping through the head
- Wear synthetic or cotton clothing on the skin to absorb the sweat away
- ▲ Wear warm footwear with one or two pairs of warm socks footwear worn too tightly will restrict blood flow and cause more harm than good
- Wear a scarf or face mask in cold, windy weather
- Take frequent, short breaks in warm shelter to rejuvenate body heat
- Avoid exhaustion or fatigue energy is needed to keep muscles warm
- Drink warm, sweet beverages and avoid drinks with caffeine or alcohol
- Eat warm, high-calorie foods

▲ Workers taking medication, in poor physical condition, or who suffer from illnesses such as diabetes, high blood pressure or cardiovascular disease should speak with a doctor for additional advice.

## Meeting note:

Employee comments/concerns:

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

Training record:	Date:	Jobsite/	'Facility:
	Trainer:	Title:	
Employee name		Employee name	
(print)	/ (signature) / / / /	(print)	/ (signature) / / / /

(Continue recording signatures on a separate sheet of paper)

Employee Quiz is provided on last page. Answers are: 1. (d), 2. (c), 3. (b), 4. (c), 5. (b), 6. (a), 7. (d)



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									Tem	pera	ture	(°F)							
	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
<b>H</b>	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
Ĩ	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
Wind (mph)	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
łM	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
	60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98
Frostbite Times 🗾 30 minutes 📃 10 minutes 🗾 5 minutes																			
	Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V <sup>0.16</sup> ) + 0.4275T(V <sup>0.16</sup> )																		
Where, T= Air Temperature (°F) V= Wind Speed (mph) Effective 11/01/01																			



## **Employee Quiz** Topic: Working Safely in Cold Weather

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

Circle the correct answer below.

- Employees can take simple precautions by wearing:
  - a. Several layers of clothing
  - b. Scarf or face mask in cold, windy weather
  - c. Synthetic or cotton clothing on the skin to absorb sweat away
  - d. All of the above
- 2. Employees can prevent body heat from escaping through their head by:
  - a. Covering the ears
  - b. Wearing gloves
  - c. Using a warm wool hat or helmet liner under the hard hat
  - d. All of the above
- 3. The best type of fluids to drink are:
  - a. Fluids with a lot of caffeine
  - b. Warm, sweet beverages
  - c. Cold, sweet beverages
  - d. None of the above
- 4. The best type of food to eat is:
  - a. Cold, low-calorie foods
  - b. Warm, low-calorie foods
  - c. Warm, high-calorie foods

- 5. To rejuvenate body heat:
  - a. Work for long periods of time, followed by short breaks
  - b. Take frequent, short breaks in warm shelter
  - c. Work for short periods of time, followed by lengthy breaks
- Wear warm footwear with one or two pairs of socks – footwear worn too tightly will restrict blood flow and cause more harm than good.
  - a. True
  - b. False
- Employees with the following conditions, should speak with a doctor for additional advice:
  - a. Taking medication
  - b. In poor physical condition
  - c. Suffer from illnesses such as diabetes or high blood pressure
  - d. All of the above

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

Toolbox Talks safety information provided by Texas Mutual Insurance Company.