



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 (print)	/ (signature)	Employee name (print)	/ (signature)
_____	/ _____	_____	/ _____
_____	/ _____	_____	/ _____
_____	/ _____	_____	/ _____
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_____	/ _____	_____	/ _____

(Continue recording signatures on a separate sheet of paper)

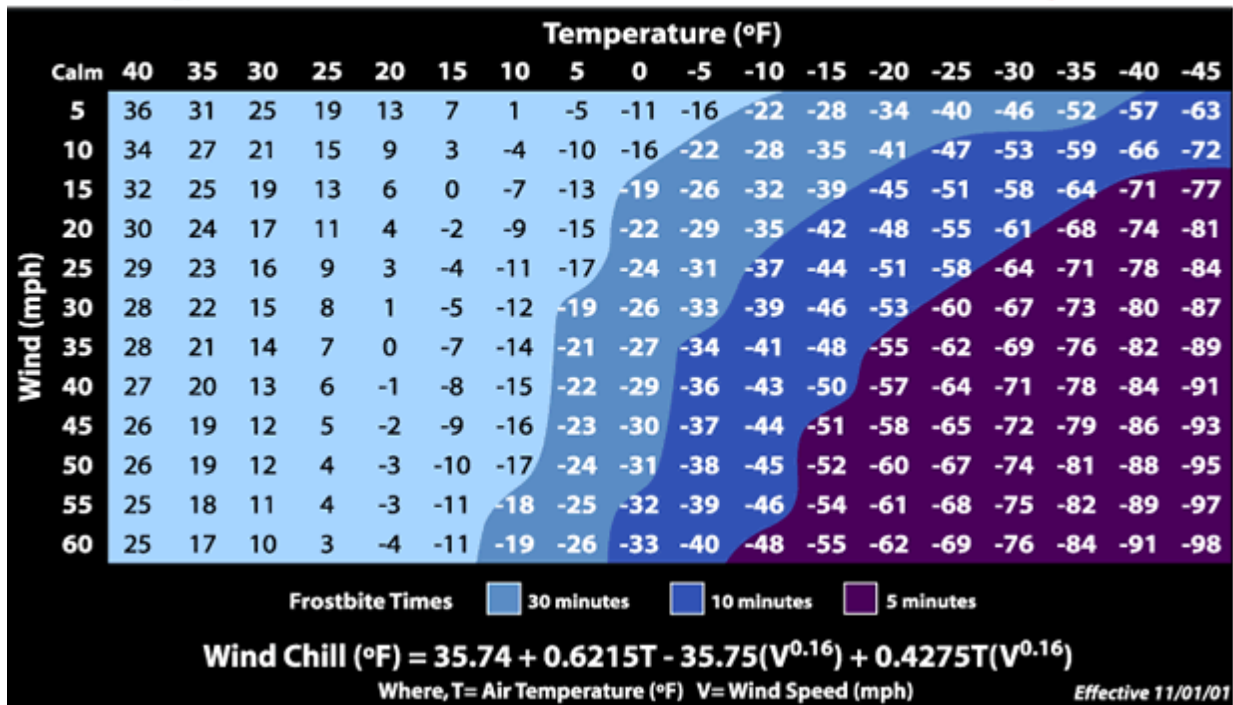
Employee Quiz is provided on last page. Answers are: 1. (d), 2. (c), 3. (b), 4. (c), 5. (b), 6. (a), 7. (d)



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NWS Windchill Chart





Employee Quiz

Topic: Working Safely in Cold Weather

Employee Name: _____

Circle the correct answer below.

1. 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
6. 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
7. 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: _____