TOPIC: COLD TEMPERATURE WORK/REST PROCEDURES

Weather is one thing you can't control – but you can control shift schedules. Often overlooked, it's an easy way to mitigate the side effects of working in a cold environment.

// SMARTER SCHEDULING, FEWER INJURIES

- Reducing exposure time to cold temps is key
- Create work/break schedule based on that day's ambient air temp and wind speed
- Think like a hockey coach: schedule shorter shifts to keep your team productive and less injury-prone
- Pace yourself; don't over-exert
- Working in the middle of the day, when possible, allows you to take advantage of the solar heat load that accumulates on sunny days

// ENVIRONMENTAL FACTORS

- Windchill = ambient air temps + wind speed
- Windchill and damp air accelerates heat loss from body
- Contact with cold surfaces also accelerates heat loss i.e. bare hands on cold tools + machinery

// DEHYDRATION IN THE DEEP FREEZE

- Dehydration is as common in winter months as it is summer months
- A dehydrated body is more susceptible to common colds and flu
- Drink warm, non-caffeinated liquids

// MORE TIPS FOR COLD WEATHER WORK SAFETY

- Find an enclosed space with heaters and windbreaks to take breaks
- Educate yourself about cold-related illness and injuries
- Wear insulated and waterproof footwear on the job
- Keep a dry change of clothing with you

Being responsible about working in cold conditions doesn't begin and end with supervisors. Workers should abide by the buddy system, educate themselves on cold-related illnesses and keep an eye out to see if their fellow crew members are exhibiting any cold stress symptoms.

DISCUSSION DATE: _____

EMPLOYEE PARTICIPANTS:

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Toolbox Talks are intended to facilitate worksite health and safety conversations. For more Toolbox Talks, please visit www.ergodyne.com/blog

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