



WINTER - COLD RELATED INJURIES

Working in Cold Conditions

TO REDUCE YOUR RISK OF INJURY, PRACTICE THESE SAFETY TIPS

Hazards

- ⚠️ Exposure to**
 - Cold or freezing temperatures
 - Wind chill
 - Snow and ice
 - Water immersion
 - Wet or damp environment or clothing

5 Safety Tips

- 1** Avoid wearing clothing that is wet or damp in cold temperatures. It is just as important to stay dry as it is to stay warm.
- 2** Avoid overheating and unnecessary sweating by dressing in light layers and removing or adding clothing according to your activity level.
- 3** Always bring extra clothing just in case your clothing does get wet or damp.
- 4** Always wear the appropriate hand, feet and head coverings that are well insulated and waterproof.
- 5** Always be prepared and take extra precautions when working outside in the winter, monitor conditions throughout the day and adjust accordingly.

PPE

ADHERE TO POLICY

- ✓ **Personal Protective Equipment**



Insulated and Waterproof Footwear



Insulated Hats or Head Coverings



Insulated Gloves or Mittens



Light Layers

General Safety Tips

- ✓ Ensure that none of the clothing or layers is affecting the use of personal protective equipment.
- ✓ Be aware of signs and symptoms of cold stress conditions such as, hypothermia, frostbite, trench foot, and chilblains (be prepared for first aid measures).
- ✓ Breaks should be frequent and in warm areas when working in freezing conditions.
- ✓ Be sure to remain well hydrated.
- ✓ Wearing an extra pair of thin socks under a heavier warm pair can help absorb moisture away from your feet and keeping them warmer longer.
- ✓ One method of layering is:
 - Under Layer: long underwear made of polypropylene wicks moisture away from the body.
 - Inner Layer: inner layers of wool or hollow core synthetic yarns provide insulation. Multiple layers can be used here.
 - Outer Layer: the outer layer should be made of wind- and moisture-resistant fabrics.