



COLD WEATHER RISK FACTORS

Train. Protect. Prevent.

It is winter time and that means one thing is certain to happen, it's going to get colder. Cold weather adds a multitude of complications to whatever it is that you are doing outside. It brings with it the obvious problems of frostbite and hypothermia, but there are many other factors to consider. Dehydration is often associated with hot and dry conditions. Dehydration is not just a warm weather factor, when working in cold conditions you may not notice how much water you're burning off. Cold air is much drier than warm air and sweat often evaporates more quickly than you can notice it. Remember to stay hydrated in all conditions, warm or cold.

Another issue you'll have to deal with is mobility. This issue has many different factors, and results. First, in order to avoid frostbite and hypothermia you'll have to dress appropriately. This means dressing in layers to make it easier to regulate your body temperature. Unfortunately, every layer you add can make moving around a lot more difficult. If using multiple cumbersome layers make sure you plan your job accordingly, account for some extra time to complete tasks. Gloves and mittens are also essential pieces of clothing to protect your hands from the cold but can also hinder your ability to work with tools or work with any finesse. Again, planning for tasks to take extra time is always a wise decision. Another issue with mobility is the other weather conditions we often associate with cold temperatures. Snow and ice greatly increase the risks of slips, trips, and falls. You should always be cautious of the surface conditions regardless of the activity you're performing. Salting exterior walkways and driving areas and using kitty litter/sand as a traction additive can significantly reduce these risks. Remember, even with the precautions you should remain aware of the hazards. Don't run, move slowly, and if driving it may take longer than normal to stop.

What areas around your project or facility do you need to use extra caution during the winter months?

ProActive Safety Services was established in 2009. We specialize in workplace safety training, staffing, inspections, and consulting. If you have any questions, please call us by dialing 877-209-9648 or email SALES@PASAFETY.COM



Work Site Review: Hazards/Safety Suggestions

Company Name: _____

Work Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____

Foreman/Supervisor: _____

Employee Signatures: (continue on back of sheet if necessary)

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness)

Manager/Supervisor's Signature: _____

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