

# Working in the Cold

## 7 STEPS

### Listen to the weather forecast

- Check the Environment Canada weather forecast before going out.
- Listen for a wind chill warning. Warnings are based on local climate and are issued when significant wind chills are expected.

### Plan ahead

- Develop a cold weather safety plan. For example, supervisors could schedule warm-up breaks for those who work in the cold, and those involved in winter recreation could reduce the amount of time they spend outdoors.

### Dress warmly

- Dress in layers, with a wind resistant outer layer.
- When it is cold, wear a hat, mittens or insulated gloves. Keep your face warm with a scarf, neck tube or facemask.
- Wear warm and waterproof footwear. When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible. Your body's extremities, such as the ears, nose, fingers and toes lose heat the fastest.

### Seek shelter

- When the wind chill is significant, get out of the wind & limit the time you spend outside.

### Stay dry

- Wet clothing chills the body rapidly.
- Remove outer layers of clothing or open your coat if you are sweating.

### Keep active

- Walking & moving your body will warm you by generating body heat.

### Be aware

- Watch for signs of frostbite and hypothermia.
- The use of alcohol, tobacco and certain medications will increase your susceptibility to cold.

Government of Canada