

# Cold Weather Safety

## PROTECTING WORKERS IN COLD WEATHER

### **DANGER SIGNS:**

-UNCONTROLLED

SHIVERING

-SLURRED

SPEECH

-CLUMSY

MOVEMENTS

-FATIGUE

-CONFUSED

BEHAVIOR

Prolonged exposure to cold can cause serious health problems like frostbite and hypothermia. In extreme cases, including cold water immersion, exposure can lead to death.

### **How supervisors can help protect workers:**

- Identify dangerous environmental and workplace conditions.
- Train workers to recognize the signs and symptoms.
- Encourage workers to wear proper clothing for cold, wet and windy conditions, including layers that can be adjusted.
- In extreme conditions, be sure workers take frequent, short breaks in warm, dry shelters to allow their bodies to warm up.
- Try to schedule work for the warmest part of the day.
- Use the buddy system - assign work in pairs.
- Encourage workers to drink warm beverages without caffeine or alcohol and eat warm, high-calorie foods.
- Train workers how to respond if someone has cold-induced illness or injury.
- Remember, workers face increased risk when they take certain medications, are in poor physical condition or suffer from illnesses such as diabetes, hypertension or cardiovascular disease.

United States Department of Labor



Environmental Health and Safety

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