

AISS SAFETY TOOL BOX TALK

WINTER WORK



Cold weather not only affects our senses, our ability to see, smell, and feel, but can also impact how productive and safe we are on the jobsite.



Plan. Equip. Train.

Frostbite and Hypothermia

- * Hypothermia is a condition that occurs when the body experiences a dangerous drop in temperature. Without medical treatment, the victim can lose consciousness and die.
- * Exposed skin can start to freeze at just 28°F and deep frostbite can cause blood clotting and even gangrene.
- * Symptoms: fatigue, nausea, confusion, light-headedness, and profuse sweating.

Dress in Layers

- * Did you know that dry clothing is 20 times warmer than wet clothing? Be sure to stay dry when it's cold!
- * Layers of light-weight clothing keep you warmer than one layer of heavy clothing.
- * When dressing, check your winter wardrobe for entanglement hazards that could get caught in rotating machinery (ie. Scarves, loose sleeves, drawstrings).
- * Wear a hat, as much as HALF your body heat can be lost from the top of your head.

Eye Protection

- * Use anti-fog coatings and wipes that are appropriate for your eye protection to prevent fogging.

Wear Gloves

- * Gloves should have enough insulation to keep you warm and prevent frostbite, but be thin enough to allow you to feel what you are doing (using tools or controls).
- * Gloves that are too thick can cause repetitive strain injuries to the hands and wrists being overworked. Just like all other forms of PPE, get a good fit.

Footwear

- * Just like other PPE, be sure to inspect your shoes. Check the soles for adequate tread to prevent falls on wet/icy surfaces.
- * Slow down when walking on slippery surfaces. Be especially careful when on ladders, platforms, and stairways.

Winter Driving

- * Prepare for the trip, Protect yourself, Prevent crashes.
- * Inspect your vehicle (battery, tire tread, wipers, anti-freeze), have your emergency kit, and plan and KNOW your route.
- * Drive slowly and know what your brakes will do. *Stomp on antilock brakes, pump on non-antilock.*

Get Enough Rest

- * Working, traveling in the cold takes a lot of energy. Rest up!