



SAFETY BRIEF

WORKING IN EXTREMELY COLD TEMPERATURES

Working in extremely cold temperatures can cause serious health problems, including frostbite and hypothermia. Know the warning signs for these problems and take the following precautions to prevent them.

FROSTBITE SYMPTOMS

- White, gray or waxy skin
- Numbness
- Clumsiness
- Blisters that turn black
- Fever

HYPOTHERMIA SYMPTOMS

- Slow pulse
- Memory loss
- Slurred speech
- Weakness
- Drowsiness
- Uncontrollable shivering

COLD WEATHER PRECAUTIONS

- Take frequent breaks in warm, sheltered areas
- Wear at least three layers of clothing to provide thermal insulation
- Protect your head, hands and feet with thermal hats, gloves and shoes
- Stay hydrated by drinking plenty of fluids; warm, sweet beverages are the most effective
- Avoid consuming alcohol, beverages with caffeine or medication that might impair your judgment
- Avoid smoking, as it decreases your circulation
- Create a barrier to protect your work area from cold or windy conditions
- Know the symptoms of hypothermia and frostbite and seek immediate medical attention if needed



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