Everyday Safety MONTAN STATE UNIVERS

Tailgate Talks

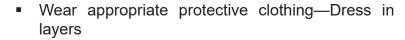


Cold Weather Precautions

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The four environmental conditions that cause coldrelated stress are low temperatures, wind, dampness, and cold water. Two or more of these conditions together can make working outdoors very dangerous.

Here are a few tips to keep in mind when working outdoors in cold weather:





- An outer layer to protect against moisture and wind, middle layers designed to trap body heat and absorb perspiration yet sill provide good insulation like wool or synthetic fabric and an inner layer of cotton or synthetic weave, to allow for ventilation to ensure that perspiration is not as likely to be trapped near your skin. Pay special attention to protecting your feet, hands, face, and head. Up to 40 percent of your body heat can be lost when your head is not protected properly.
- Eat high calorie foods and drink liquids that do not contain caffeine or alcohol when working outside in cold temperatures.
- Take frequent short breaks, avoid exhaustion or fatigue as energy is needed to keep your body warm as well.
- When possible, work during the warmest part of the day.
- Work in pairs, when the weather is very cold and windy.
- Seek warmth when you first start to feel the early signs of your body getting cold.
- Keep in mind that even at 10 degrees with a wind speed of twenty miles per hour exposed skin can freeze in as little time as 1 minute.



Everyday Safety Tailgate Talks are published by Montana LTAP in cooperation with the National Local Technical Assistance Association and participating partner organizations.

Action Item:

Related Topics:

Cold Weather Driving Safety

Resources and References:

American Red Cross Safety Tips To Endure Cold Weather http://www.redcross.org/news/article/Top-Ten-Red-Cross-Cold-Weather-Safety-Tips

National Weather Service "Prepare for Cold Weather" Webpage URL http://www.nws.noaa.gov/os/cold/before.shtml

OSHA Cold Weather Safety Portal https://www.osha.gov/SLTC/emergencypreparedness/guides/cold.html

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"Cold Weather Precautions" Sign In Sheet:

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