

Safety Meeting  
**Staying Warm in the Cold**



Company: \_\_\_\_\_ Presenter: \_\_\_\_\_ Date: \_\_\_\_\_

Brrrr...It's cold out there. During this safety meeting we'll talk about some things you can do to keep warm while you're working outside. In this type of work, we have to be prepared to work in all kinds of weather. When winter comes, it's time to prepare for the hazards of ice, snow, sleet, and bone-chilling winds. When you're working outdoors, selecting proper clothing is of the utmost importance.

Your first line of defense against the cold is good clothing. Wearing several thin layers of clothing is much better than wearing one or two very heavy layers. This approach has two advantages. The first is that several thinner layers insulate better than one thick layer. The airspace between the layers traps heat; kind of like the air trapped in fiberglass building insulation. The second advantage is that you can add or remove layers as you get warmer or colder during the day. The result is that you stay more comfortable.

Here are several specific recommendations. Get a liner to wear under your hardhat - don't just put on a hat. It could interfere with the suspension of the hardhat reducing the protection, and making it uncomfortable to wear. Wear insulated work gloves. You could also get thermal glove liners; these thin liners are worn under another pair of gloves. They can often be found in sporting-goods stores. Your feet can be particularly vulnerable to the cold because they are often planted in cold mud or snow. First and foremost, keep your feet dry. Wear waterproof work boots in the winter, or keep a pair of rubber boots handy for working in wet or snowy conditions. Consider wearing two layers of socks, cotton first and then wool. The wool will help keep you warm even if it gets wet; the cotton adds a second layer and will reduce the itchiness of the wool. Top off your winter wardrobe with a warm coat and insulated overalls or coveralls.

Remember that the cold is not the only winter hazard. Slips and falls are more frequent in cold weather because of snow, ice, and wet floors. Be sure to keep walkways and work areas as clean and dry as possible. Consider allowing a little extra travel time during cold weather; you'll need to let your vehicle warm up, and you won't be rushed as you drive. Pace yourself when removing snow, even with a snow blower. This strenuous work causes heart attacks which kill people every winter.

There is no specific OSHA standard for cold weather safety; just use a little common sense and stay safe and warm.

**SAFETY REMINDER** Don't let frostbite take a bite out of you. Protect your nose, ears, and cheeks.

Employee Signatures
