

Toolbox Talk # 1.10 – Cold Weather Work

When your body cannot warm itself, or when exposed skin freezes, serious cold-related injuries and illnesses may occur. These injuries could include permanent tissue damage or even death.

Cold related illnesses can slowly overcome a person who has been chilled by low temperatures, brisk winds, or wet clothing.

Two of the most common cold related illnesses and injuries are frostbite and hypothermia.

Frost bite:

- Is the freezing of deep layers of skin and tissue.
- Causes a pale, waxy-white skin color.
- Causes skin to become hard to the touch and numb.
- Usually affects fingers, hands, toes, feet, ears, and/or nose.

Hypothermia:

- Occurs when body temperature falls below 95°F.
- Causes uncontrolled shivering, fatigue, or drowsiness.
- Causes the skin to become bluish and cool to the touch.
- Can cause slurred speech, clumsy movements, or irritable, irrational, or confused behavior.

You are at increased risk when you:

- Have health conditions like heart disease, diabetes, or hypertension.
- Are in poor physical condition, have a poor diet, or are older.
- Take certain medications which can reduce resistance — check with your health care professional.

You can prevent difficulties from cold related illnesses by:

- Learning to recognize weather conditions which are hazardous.
- Know the signs and symptoms of cold-related illnesses and how to help yourself and others.
- Learning to dress in layers for cold, wet, and/or windy days.
- Using the buddy system, so that one person can check on the other.

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Project: _____

Date: _____

Supervisor: _____

Company: _____

Other safety issues covered or comments from crew members:

Attendees:

Name: (please print)	Signature:	Company:
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