Weekly Safety Meetings
Safety Training for the Construction Industry
Standard Subscription
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COMPANY NAME: BSD

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Working in Cold Weather

In many parts of the country, summer is a memory. Regardless of where you work, it's time to start preparing for cold-weather hazards. Here are some cold-weather tips:

Dress for the weather. As temperatures drop, what you wear to work changes. Protect your hands, face, ears, and feet. Wear wool socks, gloves, and a hard hat liner to help you stay warm. Wear waterproof, insulated boots. Wet clothes and socks will draw heat out of your body. Keep a change of clothes and extra socks in your bag, so you can change quickly if you get wet. Dressing in layers allows you to adjust what you're wearing as the temperature changes.

Give yourself extra time in the morning to get to work. Watch for slippery frost and ice as you make your way to your vehicle. Before you drive away, take the time to get all of the frost, ice, and snow off all of the windows. Give your vehicle time to warm up. Take your time—roads and bridges could be slippery.

Take care as you move around the jobsite. Each year, many workers lose days of work—and paychecks—after breaking a bone or getting a concussion because they slipped on ice. The time you take to clear some snow or put salt on ice is time well spent. Ice and snow are particularly dangerous when you're working at heights.

It's not just <u>you</u> that needs to warm up. Start equipment and machines a little early, to give them some time to warm up before you start using them. You may need to follow special starting instructions when it's very cold.

Watch out for ice on heavy equipment. When you climb into the cab of a truck or a piece of heavy equipment, be sure to maintain three points of contact (two feet and one hand or two hands and one foot) so a small slip doesn't become a big fall.

Protect exposed water lines from freezing. Exposed water lines should be insulated and/or heat-traced to prevent freezing. If you find that pipes are frozen, don't use torches or other open flame devices to thaw them out; you could cause a fire.

Use portable heaters with care. When we work in the cold, portable heaters are often used to help warm up unfinished buildings. Be extremely careful when refueling a heater; always let it cool down first. Never use a heater inside a closed space like a garage, basement, or closed-in building. Carbon monoxide will build up and can kill you and anyone else inside. Keep combustible materials well away from portable heaters.

Take care of your body. Eat warm food and drink hot, slightly-sweet drinks. Take frequent breaks throughout the day in a warm and dry area to help warm up your body. Cold weather can dry out your skin. Wear gloves and use some lotion at night to prevent cracks and sores.

SAFETY REMINDER

Work alongside a buddy so you can keep an eye on each other for symptoms of hypothermia.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

REVIEWED SDS # SUBJECT:

MEETING DOCUMENTATION:

JOB NAME:

MEETING DATE: 10-18-18

SUPERVISOR: Jennifer Mechler

ATTENDEES:

These instructions do not supersede local, state, or federal regulations.