



Cold Weather Safety

What this Toolbox Talk Covers:

- ✓ The “Dos” and “Don’ts” of working in cold weather conditions.

Discussion Leader Duties:

- ✓ Discuss the unique hazards posed to workers during cold weather and demonstrate precautions to prevent injuries and accidents.

Discussion Notes:

- ✓ Discuss the outcomes of the “Dos” and “Don’ts.”

- Do**
- Wear several layers of clothing rather than one thick layer. Remove layers of clothing as you warm up to prevent overheating and perspiring. Perspiring could lead to chills or hypothermia later.
 - Take frequent short breaks in a warm place to rejuvenate body heat.
 - Know that frostbite and hypothermia can occur at higher temperatures than people may realize. Exposed skin can start to freeze at just 28 degrees Fahrenheit.
 - Look for ice or slippery surfaces when walking, and wear footwear with soles that have treads made for wet or icy surfaces. Take special care when climbing ladders and walking on platforms or stairways.
 - Drink plenty of water as dehydration can happen more quickly in cold weather.
- Don’t**
- Wear clothing items that can get tangled or trapped in equipment.. Scarves, loose sleeves or drawstrings could pose a serious risk to your safety and should be avoided.
 - Forget to wear a hat. The majority of heat loss happens through the head.
 - Wear the wrong gloves for the job you are doing. Gloves that are too thick or puffy can make using tools or machinery difficult, and can pose a risk for injury.
 - Neglect the symptoms of frostbite:
 - Reddened skin with gray/white patches
 - Numbness in the affected part
 - Feels firm or hard
 - Blisters may occur in the affected part, in severe cases

Discussion questions:

1. What are some examples of clothing that can help prevent frostbite during winter weather?
2. Besides hypothermia and frostbite, what are other risks to be aware of when working in cold weather?

Meeting note:

Employee comments/concerns: _____

Other safety issues to be addressed on the job/facility: _____

Training record:	Date: _____	Jobsite/Facility: _____	
	Trainer: _____	Title: _____	
Employee name (print)	/ (signature)	Employee name (print)	/ (signature)
_____	/	_____	/
_____	/	_____	/
_____	/	_____	/

(Continue recording signatures on a separate sheet of paper)

Employee Quiz answers are: 1. (b), 2. (b), 3. (a), 4. (d), 5. (c)

Toolbox Talks safety information provided by Texas Mutual Insurance Company.



Employee Quiz

Topic: Winter Weather Safety

Employee Name: _____

Circle the correct answer below.

1. Why should you wear multiple layers of clothing, rather than one thick layer?
 - a. It is less expensive
 - b. Multiple layers allow for removal of layers as needed once you warm up
 - c. Bulkier clothing is warmer
 - d. None of the above
2. Dehydration is less of a concern during cold weather than in mild weather.
 - a. True
 - b. False
3. A _____ is an especially important piece of winter weather clothing, as most body heat is lost through the _____.
 - a. hat, head
 - b. pair of sunglasses, eyes
 - c. pair of gloves, fingers
 - d. scarf, neck
4. Which of the following is a symptom of frostbite?
 - a. Numbness to the area
 - b. The area feels firm or hard
 - c. The skin is reddened with white or gray patches
 - d. All of the above
5. Exposed skin can begin to freeze at _____ degrees Fahrenheit.
 - a. 12
 - b. 15
 - c. 28
 - d. 32

Training record: Date: _____ Jobsite/Facility: _____
Trainer: _____ Title: _____