Toolbox KITS

COLD STRESS: WORKING SAFELY IN COLD WEATHER

Cold stress: working safely in cold weather

Hypothermia, frostbite, layers, heaters, ice and first aid

About 40 minutes, with a 10-question quiz

39 slides | About 40 minutes | 10-question quiz | English + Spanish

SAMPLE



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MODULE 1

How cold affects your body

- [ ] Your body makes heat by burning food, and loses it to cold air, wind, water and cold surfaces.
- [ ] Wind blows away the warm air next to your skin, so you cool faster on a windy day.
- [ ] Wet clothes and wet skin lose heat much faster than dry ones.
- [ ] Kneeling on frozen ground or gripping cold steel pulls heat out through contact.
- [ ] As you get colder, your body pulls blood away from your hands and feet to protect your core.
- [ ] Shivering is your body trying to make heat. Treat it as a warning to warm up.

SAMPLE

Toolbox KITS

Crew handout

Cold stress: stay warm, dry and alert

29 CFR 1926.21, 1926.154, 1926.153, 1926.451, 1926.51, 1926.50

Do

- Dress in loose layers: a wool or synthetic base, a warm middle layer and a wind and water shell
- Keep spare dry gloves, socks and a hat in your truck or bag
- Take warm-up breaks in a warm, dry place, more often as it gets colder
- Eat during the day and drink warm, sweet drinks and water
- Check your buddy: fumbling, stumbling or confusion means warm up now
- Give heaters fresh air and keep them at least 10 feet from combustible tarps (29 CFR 1926.154(a)(1), (b)(4))
- Know where the warm-up area, the first aid kit and the posted site location are

Don't

- Don't wear cotton next to your skin
- Don't stay in wet gloves, socks or boots
- Don't rub frostbitten skin or warm it at a heater
- Don't run a heater or generator in a closed space without fresh air
- Don't work on a scaffold covered with snow or ice, except to clear it (29 CFR 1926.451(f)(8))

SAMPLE

Remember

Shivering that stops while someone is still cold, with slurred speech or confusion, is an emergency. Call 911 and start warming them.

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