



# Cold Weather

*Extended exposure to freezing or cold temperatures can result in health problems such as trench foot, frostbite and hypothermia. Danger signs include uncontrolled shivering, slurred speech, clumsy movements, fatigue, and confused behavior.*

## Here is an Example

Ron works construction at a local site during the winter months. He was recently diagnosed as diabetic. One day he had left his work gloves at home, although he was wearing his winter boots. He also forgot to take his diabetes medication. Throughout the day he kept falling in the snow, and pretty soon his clothes were soaking wet. Shaking, wearing wet clothes, with no protection for his hands, he was forced to go home early.

- 1. What clothing should Ron have worn because he was working outside?**
- 2. What should you do when working in cold weather in order to stay warm?**

## Preventing Injuries Caused by Cold Weather

- Encourage workers to wear proper clothing for cold, wet, and windy conditions. Layer clothing to adjust to changing temperatures. Wear a hat and gloves, in addition to underwear that will keep water away from the skin.
- Use the buddy system; work in pairs so that one worker can recognize danger signs.
- Drink warm, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas or hot chocolate) and alcohol.
- Remember, workers face increased risks when they take certain medications, are in poor physical condition, or suffer from illnesses such as diabetes, hypertension, or cardiovascular disease.

## What Are We Going to Do Today?

What will we do here at the worksite today to prevent being injured in cold weather?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

OSHA does not have a cold weather standard

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- Wear a hat and gloves.
- Use the buddy system.
- Drink warm, sweet beverages.