



COLD WEATHER HAZARDS

TOOLBOX TALK SERIES – INJURY PREVENTION

Week 3 and Week 4 – November 2021

Winter time is here. With winter comes cold temperatures, daily changing conditions and other unseen hazards. With a little bit of preparedness, we can be ready for what mother nature wants to throw at us.

By the Numbers

- In 2017 there were 2,890 cases of occupational injuries related to ice, sleet and snow in New York State alone.
- Those who normally work outdoors such as construction workers, recreation and snow cleanup crews are at the highest risk.



Do you know first aid for frostbites or hypothermia?

Cold Weather Injury Prevention Tips:

- Check the weather forecast prior to leaving your home for work. This will allow you to be better aware of coming weather.
- Dress in layers. Dressing in layers will allow you to stay warm, but shed layers as needed throughout the day.
- Pay attention to the wind chill. Significant wind chills can greatly increase your chance of frostbite and hypothermia.
- Develop a work/shelter (warmup) cycle to limit exposure to cold temperatures.
- Watch for signs of frostbite and hypothermia. Report any signs to your supervisor.