



# PREPARING FOR COLD WEATHER

## TOOLBOX TALK SERIES – COLD WEATHER

November 2022

Many occupations involve the potential for cold exposure. From Public Works to Recreation and Parks, employees are routinely exposed to cold weather throughout the winter months.

### Cold Stress

What is cold stress? Cold stress is essentially when environmental temperature causes a condition in which the skin and body temperatures cannot be maintained. This condition can be exacerbated by wind chill, wet clothes and even body sweat.



### Tips for Dealing with Cold Weather:

- Check the weather forecast prior to going outside. Pay special attention to wind chill factors and wind speed vs. temperature.
- Dress in multiple loose layers. Layers can always be removed when unnecessary or added when needed. Base layers with high thermal ratings are always preferred when prolonged cold exposure is necessary.
- Take frequent warming breaks. Warming breaks involve moving to a warm environment and if necessary consuming high calorie foods and water.



- Remove any wet clothing immediately. Wet clothing rapidly disperses body heat and rapid body temperature loss can result in hypothermia.
- Understand the signs and symptoms of frostbite and hypothermia. Seek medical care for any cold related emergencies.

**DON'T LEAVE SAFETY OUT IN THE COLD. PREPARE FOR WINTER WEATHER AND PREVENT COLD STRESS**