



Toolbox TALK



COLD WEATHER PPE

If you spend significant time working outdoors, it's important to prepare for cold weather and select the proper winter clothing. Cold temperatures can also reduce your mental alertness and manual dexterity, leading to dangerous situations.

Follow these tips to dress properly and prevent cold stress:

- Wear a snug first layer made from a moisture-wicking fabric like merino wool, silk, or synthetic polyester.
- Avoid tight clothing that can reduce blood circulation.
- Wear an insulated, wind/water resistant outer layer jacket, gloves, and waterproof boots.
- Wear a knit mask to cover your face and mouth.
- Select a hat that also covers your ears. Hats help reduce the escape of body heat.

When working in cold weather:

- Understand the symptoms of cold stress, and monitor your physical condition and that of your coworkers.
- Keep extra clothing available, including underwear, in case you get wet and need to change.
- Drink warm, sweetened, non-alcoholic fluids.
- Use proper engineering controls such as putting up barriers to block wind and using heaters, and safe work practices, like using the buddy system and limiting time spent in cold conditions.

Outdoor work requires proper preparation, especially in severe winter weather conditions. Make certain you plan ahead, stay apprised of pending weather concerns, and stay safe!