



Toolbox TALK

EXTREME COLD WEATHER

Cold weather brings multiple risks to workers, especially those who work outdoors. Cold stress and slick conditions create many injury opportunities.

Employers can help protect workers by:

- Using qualified contractors to provide snow removal services.
- Adjusting production requirements to allow time for conditions to improve.
- Providing adequate equipment and materials to maintain work areas.
- Providing heated shelters, chemical heat packs, and anti-slip boot attachments.

Employees can protect themselves by:

- Wearing multiple light layers to better adapt as conditions change.
- Taking frequent breaks to warm up.
- Eating healthy meals and avoiding caffeine and alcohol.
- Reporting unsafe work areas.
- Monitoring coworkers for cold stress signs and taking proactive steps to avoid becoming too cold.



Date:

ATTENDANCE RECORD

SUPERVISOR:

CREW MEMBERS PRESENT:

COMMENTS/FEEDBACK: