TOOLBOX TALK

Working in Cold Weather

Topic	Working in Cold Weather	Attendees	0

WHAT WE TALKED ABOUT

Cold, wet and windy weather drains your body heat faster than you think. Cold makes your hands clumsy, slows your thinking, and turns surfaces into ice rinks. Today we cover how to stay warm and spot cold stress early.

1. Dress in layers: a base layer that wicks sweat, a warm middle layer, and a windproof and waterproof outer.
2. Wear a warm hat or helmet liner and gloves that still let you grip tools safely.
3. Change out of wet clothes as soon as you can. Wet clothes pull heat out of you fast.
4. Wind chill makes it feel much colder than the temperature says. Plan for it.
5. Take warm breaks in a heated area and have warm drinks. Avoid alcohol, which makes you lose heat faster.
6. Hypothermia signs: uncontrollable shivering, confusion, slurred speech and clumsiness. Get them warm and get help.
7. Frostbite signs: numb, white or waxy skin on fingers, toes, ears and nose. Warm gently, do not rub.
8. Check for ice and frost on scaffolds, ladders, roofs and walkways before using them. Grit or clear them first.
9. Never run fuel heaters or generators in enclosed spaces. Carbon monoxide kills.
10. Carbon monoxide has no smell. Headache, dizziness, sleepiness and nausea in a heated space mean get outside now and get help. Use a CO alarm wherever a heater runs.
11. Nobody works alone in the cold without a check-in. Agree who calls whom, and how often, before the shift starts.
12. Keep spare dry gloves, socks and a hat on site. Wet hands and feet lose heat many times faster.
13. Eat properly and drink warm, sweet drinks. Your body burns more fuel to stay warm.
14. Plan the work for the warmest part of the day, and rotate people out of the wind and cold.
15. Machines, tools and fuel behave differently in the cold. Let hydraulics warm up and check that brakes and steps are free of ice.

QUESTIONS FOR THE CREW

1. What are you wearing today to stay warm and dry?
2. Where can we warm up on this site?
3. Which surfaces are likely to ice over first?
4. What are the signs that someone is getting too cold?
5. Where are heaters or generators running on this site, and is the area ventilated?

RUN BY

	Name	Signature	Date	
Presenter				

ATTENDANCE

Name	Role / company	Signature	Date

Name	Role / company	Signature	Date

Keep this record with your site safety file.