

OCT. 27, 2021



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All Sealants, Inc.

# Select Edition

Week of 10/25/2021

## Cold Weather

Winter has arrived. As a construction worker, you have to work in the elements; therefore, you have to protect yourself from the cold weather. Prolonged exposure to freezing temperatures can result in health problems such as trench foot, frostbite, and hypothermia. The effects of cold weather are not trivial; more than 700 people die of hypothermia in the United States each year.

During cold weather, about 60% of your body's fuel is used to heat the body. Because so much energy is used to keep you warm, you get tired more easily and are susceptible to cold-related, and other illnesses. Here are a few tips to remember:

- Give your body time to acclimate to the cold.
- Take regular breaks to help your body warm up—preferably in a warm location such as an office, trailer, or car.
- When possible, limit the amount of work you do outdoors in the elements.
- Try to perform your outdoor work during the warmest part of the day.
- Drink warm liquids such as coffee, cocoa, or soup. Staying hydrated can help you stay warmer.

Wearing the right clothing is extremely important when you are exposed to cold temperatures. Prevent cold-related

disorders by wearing three layers of clothing. The outer layer should protect you from the wind and moisture but still allow some ventilation. The second layer needs to absorb sweat but insulate as well. The innermost layer should insulate and draw moisture away from your skin to keep you warm and dry—silk, wool, and synthetics work well. Multiple thin layers can be very practical and convenient because you can add or remove them as you get cooler or warmer throughout the day.

Remember to protect your hands, feet, face, and head. Wear waterproof boots with two pairs of socks. The inner pair should be silk or synthetic liners and the outer pair wool. Wear gloves anytime the air temperature drops below 40° Fahrenheit. Be aware that wearing gloves can reduce your grip and tools can slip out of your hands more easily. You lose a lot of body heat when your head is exposed. Wear a liner under your hard hat to preserve your body heat.

Replace or remove any clothing that becomes wet. Learn to recognize the symptoms of hypothermia and frostbite.

### SAFETY REMINDER

#### Frost, snow, or ice on your car or pickup?

**Clean *all* the windows and mirrors, not just the windshield, and don't forget the headlights and taillights.**

#### NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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#### S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

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REVIEWED SDS # \_\_\_\_\_ SUBJECT: \_\_\_\_\_

#### MEETING DOCUMENTATION:

JOB NAME: \_\_\_\_\_

MEETING DATE: \_\_\_\_\_

SUPERVISOR: \_\_\_\_\_

ATTENDEES: \_\_\_\_\_

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*These instructions do not supersede local, state, or federal regulations.*