

Task: Working in the Cold

Date: March 2006

Some jobs will require working in cold conditions.

PPE: insulated boots, wool socks, winter parka/pants, mitts/gloves, head/face/neck coverings

Task/Activity:	Potential Hazards	Recommended Procedures
1. Be aware of weather conditions for the duration of the work period	a) freezing, hypothermia	a) wear appropriate clothing
2. Ensure clothing is dry and without defect	a) same as above	a) same as above
3. Dress in layers, so that clothing can be easily removed or added as required		
4. Take short breaks indoors whenever possible		
5. Maintain movement to increase circulation, especially to hands and feet		
6. Be aware of early signs of hypothermia	a) shivering b) muscle tension c) fatigue, lethargy d) slurred speech, slowed motor skills e) erratic behaviour, irritability	a) go indoors immediately b) warm up before returning outdoors c) <i>let someone know?</i>