



Weekly Safety Meeting

Medical Services - Cold Weather



Instructor: _____ Date/Time: _____

OSHA Regulations

There are currently no specific OSHA standards for occupational cold weather exposure. However, Under the **General Duty Clause**, Section 5(a)(1) of the Occupational Safety and Health Act (OSHA) of 1970, employers are required to provide their employees with a place of employment that "is free from recognizable hazards that are causing or likely to cause death or serious harm to employees."

Talking Points:

Dressing Properly for the Cold

Dressing properly is extremely important to preventing cold stress. When cold environments or temperatures cannot be avoided, the following would help protect workers from cold stress:

Wear at least three layers of loose fitting clothing. Layering provides better insulation.

An inner layer of wool, silk or synthetic (polypropylene) to keep moisture away from the body. Thermal wear, wool, silk or polypropylene, inner layers of clothing that will hold more body heat than cotton.

A middle layer of wool or synthetic to provide insulation even when wet.

An outer wind and rain protection layer that allows some ventilation to prevent overheating.

Tight clothing reduces blood circulation. Warm blood needs to be circulated to the extremities. Insulated coat/jacket (water resistant if necessary)

Knit mask to cover face and mouth (if needed)

Hat that will cover your ears as well. A hat will help keep your whole body warmer. Hats reduce the amount of body heat that escapes from your head.

Insulated gloves (water resistant if necessary), to protect the hands

Insulated and waterproof boots to protect the feet

Safety Tips for Workers

Your employer should ensure that you know the symptoms of cold stress

Monitor your physical condition and that of your coworkers

Dress appropriately for the cold

Stay dry in the cold because moisture or dampness, e.g. from sweating, can increase the rate of heat loss from the body

Keep extra clothing (including underwear) handy in case you get wet and need to change

Drink warm sweetened fluids (no alcohol)

Use proper engineering controls, safe work practices, and personal protective equipment (PPE) provided by your employer

Employee Names or Signatures of personnel who attended the meeting

Expert Safety Services

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