



COLD STRESS

All Supervisors should hold a Safety Talk on Cold Stress (Page 94 of the IHSA Safety Talk Manual).

Prevention Tips Include:

- Wear several layers of clothing rather than one thick layer to capture air as an insulator.
- Wear synthetic fabrics next to the skin to “wick” away sweat.
- If conditions require, wear a waterproof or wind-resistant outer layer.
- Wear warm gloves.
- Wear hats and hoods. You may need a balaclava.
- Tight-fitting footwear restricts blood flow. You should be able to wear either one thick or two thin pairs of socks.
- If your clothing gets wet at 2°C or less, change into dry clothes immediately and get checked for hypothermia.
- If you get hot while working, open your jacket but keep your hat and gloves on.
- Take warm, high-calorie drinks and food.

http://www.ihsa.ca/pdfs/safety_talks/cold_stress.pdf



Slips, trips and falls

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Slips, trips and falls account for almost 20% of lost time injury claims in Ontario and the risk is multiplied when cold, ice & snow arrive at the jobsite!

It is important to keep in mind prevention tips for cold weather.

Slip, trip and fall tips include:

- Snowfall covers otherwise visible hazards such as potholes, lumps, & objects to trip over and sharp things to step on.
- You can't clear the whole site, so designate walkways and clear those hazards along the path.
- Remove the snow and apply sand or ice melter.
- Pay special attention at changes in level, sloping areas, plywood ramps and outside steps & landings.
- It's dark early in the morning and near the end of the day – use temporary lighting in key areas if possible.



- Keep debris, stored items and trailing power cords away from walkways.
- Blowing snow hampers visibility – markers along the path may help, use cheap driveway reflectors, painted stakes, pylons, delineator posts, etc.
- Wear appropriate footwear – slip-on cleats are effective and quite cheap now and are available at most national retailers.