

Cold Environments

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

Working in the cold cuts dexterity, grip and reaction time before you feel properly cold. Cold stress does not wait for freezing temperatures: wind and wet bring it on well above 32°F.

WHAT GOES WRONG

- Crews arrive dressed for the forecast, not for standing still in the wind for an hour.
- Someone works through the shivering stage because they do not want to be the one who stops.
- Wet gloves or boots stay on all shift, and the cold goes straight through them.
- The warm-up area is a truck cab two hundred yards away, so nobody uses it.

CONTROLS: BEFORE YOU START

- Dress in layers you can open and close as the work rate changes, not one heavy coat.
- Keep a dry spare pair of gloves and socks on site, and change them when they get wet.
- Agree where the warm-up spot is and who calls the break, before the shift starts.
- Watch the person next to you for shivering, fumbling and slurred speech.
- Anyone showing those signs stops work and warms up. That is not a discussion.

ASK THE CREW

1. Where is the warm-up spot on this site, and who decides when we use it?
2. Who is working in the wind today, and for how long at a stretch?
3. What are the first three signs of cold stress in the person next to you?
4. Is anyone here in wet gloves or boots right now?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
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12	
SUPERVISOR / COMPETENT PERSON	SIGNATURE