

# Working safely in cold climates

## The following are some guidelines to help combat cold-induced hazards:

- Know the signs and symptoms of cold-induced injuries and illnesses. Be aware of proper treatment methods
- Drink warm, non-alcoholic, caffeine-free liquids and warm solid foods to maintain fluid levels and preserve body heat
- Use the buddy system—work in pairs to ensure each other’s safety
- Seek shelter at regular intervals to rest and warm up. Workers showing any signs or symptoms of overexposure should immediately come out of the cold
- Use extreme caution if you suffer from a health condition, are taking medication or are in poor physical condition. You may be at increased risk

## What to Wear:

- Wear several layers of loose clothing for insulation
- Wear synthetic fabrics close to the skin. If conditions are wet, wear waterproof or water-repellent clothing (wet clothing loses 90 percent of its insulating value)
- Brush off snow regularly to avoid moisture
- Tight clothing reduces blood circulation to the extremities. Be aware that certain clothing may restrict movement, which can result in a hazardous situation
- Protect the ears, face, hands, and feet in extremely cold or wet weather
- Boots should be waterproof and insulated
- Include chemical hot packs in your first aid kit
- Avoid touching cold metal surfaces with bare skin

