



2024 Safety Moment – Working in Winter Weather

Working in winter weather can expose outdoor workers to frostbite, hypothermia, and cold stress. Below are a few recommendations to help work safely in extreme cold temperatures.

- It is strongly recommended to dress in layers of loose-fitting clothes and wear a hat and mittens vs. gloves to help keep the extremities warm.
- Work in teams to monitor coworkers.
- Take frequent breaks in warm areas.
- Stay hydrated.

To help prevent slip, trip, or fall incidents on snow and ice please consider the following tips:

- Keep walking surfaces clear of snow and ice.
- Wear footwear with good traction or use ice cleats.
- Take shorter steps and avoid carrying anything to help maintain balance.

Severe winter weather is usually accompanied with strong winds that can create dangerous temperatures due to the wind chill.

- The National Weather Service has a Wind Chill Chart tool available for use to determine the dangers from winter winds. It can be found using the following link: <https://www.weather.gov/safety/cold-wind-chill-chart>
- Be aware of the impacts of strong winds on high profile vehicles.
 - Avoid using cruise control during strong winds.
 - Keep both hands on the wheel and avoid distractions.
 - Pass box trucks, semi-trucks, etc. with intent.