

# Working in Cold Weather

## Face/Eye Protection

Must be separate from nose and mouth protection to prevent frosting or fogging

## Hand Protection

Gloves should be worn below 4°. Work below -17° should be done wearing mittens.

## Footwear

Felt-lined, rubber-bottomed are best.

Leather boots allow perspiration to escape.

Removable insoles help to dry your boots fast.

Socks that are too thick can reduce blood flow. Always have extra socks.

## Protective Clothing

Should be worn at or below 4°C.

Cover exposed skin.

Wear multiple layers with the innermost layer providing the most insulation and the outer layer being waterproof.

Know the Signs of Cold

Shivering

Impaired Coordination

Tingling

Confusion, Difficulty Speaking

Always check your co-workers for signs of hypothermia and frost bite.

Take Frequent Breaks

Take 2 breaks per 4 hours for temperatures down to -24°C, and 4 breaks for temperatures less than -32°C.

Stay Hydrated

Avoid Coffee

Drink water or hot liquids that do not dehydrate.

Be aware of Slippery Surfaces

Remove Ice Where Possible



Caution  
Ice  
Slippery  
surface