



Safety Checklist

Cold Weather

Be safe when working outdoors in cold weather

- ✓ Layer clothing to accommodate for changes in weather
- ✓ 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
- ✓ 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

Frostbite - What to look for

- ✓ White, waxy, or grayish-yellow patches
- ✓ Skin is cold, numb and stiff
- ✓ Underlying tissue is pliable when depressed
- ✓ Blister may appear

Hypothermia - What to look for

- ✓ Change in mental status
- ✓ Uncontrollable shivering
- ✓ Cool abdomen and a low body temperature
- ✓ If severe, muscles may be rigid, skin dark and puffy, irregular heart and respiratory rates and/or unconsciousness

ALWAYS SEEK MEDICAL ATTENTION IMMEDIATELY!

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