

# >> TOOLBOX TALK

## Working in Extreme Cold

### List Areas of Concern:

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### Explain Dangers

- Hypothermia
- Frostbite
- Distraction/lack of concentration

### Identify Controls

Personal Protection Equipment for extreme cold temperatures:

1. Hats
2. Gloves
3. Boots
4. Layered clothing
5. Wind protective clothing/outer shell

Wind chill is a well known and widely used cold-stress index. The wind chill index should be consulted by all workers facing exposure to low temperatures and wind.

Workers working in extreme temperatures should wear several layers of relatively light clothing with an outer shell of wind proof material. This allows workers to maintain their body temperatures much better than a heavy outer garment worn over ordinary indoor clothing.

Clothing that allows some venting of sweating/perspiration also helps to maintain body temperature, because if the body is wet it is affected more by the cold. Moisture wicking fabric for clothing worn closest to the body, such as tee-shirts and long johns, help keep sweat away from the body.

Appropriate shelter from cold and wind should be taken during lunch and rest breaks and at other times as necessary.

Workers required to work in extreme temperatures should be trained in First Aid.

