



SAFETY TIP OF THE WEEK

FOR THE CONSTRUCTION INDUSTRY



Company _____ Date _____

To encourage all of us to promote safety on a continuing basis, the Builders Exchange publishes a safety tip in each issue of the weekly **Bulletin**. The superintendent/foreman of each job should use this safety tip in a short safety meeting Monday morning. We suggest that this 5-to-10 minute meeting be just before lunch or perhaps right after the morning break. You can then emphasize the SAFETY TIP OF THE WEEK all week long.

Preparing for Cold Weather Safety

Week Ending 1/15/2021

When working in construction, being outside for long periods is part of the job. During the winter months, outdoor work can really be a challenge – as sometimes, temperatures can get quite low. These types of working conditions can lead to cold stress since your work environment becomes naturally cooled. There is usually a lot more wind which can take heat away from your body. Snow and rain can make your clothing wet as well. Cold stress can lead to hypothermia and occurs when internal body temperatures get too cold and the body cannot warm itself. It usually happens slowly – and workers may not even realize they have been affected by the cold weather.

We would like to share seven tips to help you stay safe – many of them apply whether you are at work or at play.

1. Listen to the weather forecast

- Check the weather forecast before going out
- Listen for a wind chill warning
- Warnings are based on local climate and are issued when significant wind chills are expected

2. Plan Ahead

- Develop a cold weather safety plan in advance to ensure that safety concerns are addressed in colder temperatures or when the wind chill is significant
- For example, schools could hold recess indoors, outside workers could schedule warm-up breaks, and those involved in winter recreation could reduce the amount of time they spend outdoors
- Ensure warm-up breaks and practices follow and meet all COVID-19 prevention health and safety guidelines, see site supervisor for specific questions

3. Dress Warmly

- Dress in layers, with a wind resistant outer layer
- When it is cold, wear a hat, mittens, or insulated gloves

- Keep your face warm with a scarf, neck tube or face mask
- Wear warm and waterproof footwear
- When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible
- Your body's extremities, such as the ears, nose, fingers, and toes lose heat the fastest
- For construction workers, ensure that your layers do not interfere with your PPE (personal protective equipment)

4. Seek Shelter

- When the wind chill is significant, get out of the wind and limit the time you spend outside
- Develop a work/rest cycle to help fight off the effects of cold weather

5. Stay Dry

- Wet clothing chills the body rapidly
- Remove outer layers of clothing or open your coat if you are sweating

6. Keep Active

- If you are working outside or must be out in the elements, walking or running will help warm you by generating body heat

7. Be Aware

- Watch for signs of frostbite and hypothermia – see below for more information
- Some people are more susceptible to the cold, particularly children, the elderly, those with circulation problems, and those with previous cold weather injuries
- The use of alcohol, tobacco and certain medications will increase your susceptibility to cold

Special Topics for this Job: _____

MSDS # _____ Reviewed – Title: _____

Present at Meeting:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Supervisor's Signature: _____

Note: These SAFETY TIPS OF THE WEEK are to help members provide a safe workplace and to instruct employees in ways to prevent accidents. Ensure you record the names of those who attend your safety meetings, and file this form with your permanent accident prevention records.