



Cold Weather Preparations

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TOPIC: Cold Weather Preparations

Stay Up-to-Date

- Be aware of current weather conditions
- Stay informed of potentially hazardous weather
- Monitor weather forecasts

Dress Appropriately

- Wear layers of loose fitting clothing
- Stay dry with water resistant clothing
- Wear windproof material as an outer shell
- Wear clothing with proper ventilation
- Keep a spare set of clothes on hand

Protect Head, Feet and Hands

- Keep head covered whenever possible
- When head protection is necessary, make sure it is equipped with an insulated liner
- Protect feet with insulated socks, wear two pairs if feasible
- Protect hands with insulated gloves

Exposure Guidelines

- Restrict exposure time if temperatures reach -17° C (0° F)
- Restrict exposure time if wind chills reach -30° C (-22° F)

Discussion Date: _____

Employee Participants:

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