

Risk Alert: Operating in Extreme Winter Weather

As the temperatures drop, our risks of cold weather injuries and illnesses go up. Utilize this checklist and tip sheet to keep employees safe during harsh winter conditions.

Prepare Staff

- Alert employees to upcoming weather risks and their assignments so they can prepare
- Encourage employees to keep extra clothing such as shirts and socks handy to stay dry during the day
- Remind employees at the beginning of the work day how to recognize dangerous symptoms from hyperthermia, cold stress, and frost bite and how to apply first aid treatment
 - o Click [here](#) for a review from NIOSH on cold stress
- Immediately report injuries or illness symptoms and get to a warming area if possible
- Provide ice cleats for those performing outdoor work where slip and fall injuries are likely
 - o Click [here](#) for an ice cleat option
- Provide refresher training:
 - o See the list of IRMA training resources below

While working outside

- Identify warming shelters and encourage staff to use them
- Shield work areas from drafts and wind to reduce wind chill
- Schedule heavy work during the warmest part of the day
- Assign workers to tasks in pairs - avoid working alone and keep track of those working outdoors throughout the day
- Observe the Work/Warm-up Schedule
 - o Click [here](#) for a sample schedule for a 4-Hour Shift

IRMA Training Resources

- Click [here](#) for these topics in our Streaming Video library
 - o Winter Safety (JS9608)
 - o Slips, Trips, and Falls (JS6549)
- Click [here](#) for these topics in our Video On-Demand library
 - o Snowplow Safety
 - o Winter Driving School
 - o Working Safely in Cold Weather
 - o Working Safely with Snowplows
- Click [here](#) for a Safety Talk from the National Safety Council
- Click [here](#) for a Tailgate Talk on Snow Blower Safety
- Click [here](#) for On-Site Training on Snowplow Operator Safety
- Click [here](#) for Training Subsidy on NIPSTA Snowplow Driver Training

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