



## Training for Cold Weather

Outdoor work requires proper preparation, especially in severe winter weather conditions. Although OSHA does not have a specific standard that covers working in cold environments, employers have a responsibility to provide workers with employment and a place of employment which are free from recognized hazards, including winter weather related hazards, which are causing or are likely to cause death or serious physical harm to them.

Employers should, therefore, train workers on the hazards of the job and safety measures to use, such as engineering controls and safe work practices, that will protect workers' safety and health.

### **Cold Exposure Control Plan**

When working outside in the winter or exposed to cold weather conditions, have a cold stress policy or cold exposure control plan that spells out the safe work practices to be used to protect workers, including a warm-up break schedule. Training should include:

- What yours looks like
- Safe work practices that will be used
- Engineering controls
- Selection of equipment, including personal protective equipment
- Warm-up break schedule

### **Cold Stress:**

Working outside in cold weather can endanger workers and lead to frostbite, hypothermia, and other cold stress conditions. Training should include:

- How to recognize the symptoms of cold stress, prevent cold stress injuries and illnesses
- The importance of self-monitoring and monitoring coworkers for symptoms
- First aid and how to call for additional medical assistance in an emergency
- How to select proper clothing for cold, wet, and windy conditions

### **Other winter weather related hazards:**

Cold and Winter conditions can be hazardous to workers in ways beyond the stress on their bodies. Training should include:

- Slippery roads and surfaces
- Weather and windy conditions
- Winter weather and weather advisories
- Downed power lines due to ice and storms
- How to recognize these hazards



- Emergency Action Plan

### **SAFETY REMINDER**

When using alternate heating sources, take the necessary safety precautions to ensure they are ventilating properly and keep a fire extinguisher handy.