



COLD STRESS

Toolbox Talk



PERSONAL PROTECTIVE EQUIPMENT

- Insulated Gloves and footwear with anti-slip soles
- Thermal vests or jackets designed for the cold
- Moisture-wicking base layers
- Head coverings, hand warmers, and neck warmers as needed

PURPOSE

- To protect the health and safety of employees who enter and work in temperature controlled areas

HAZARD IDENTIFICATION

- Cold stress can lead to a variety of illnesses:
 - Hypothermia, frostbite, etc.

PREVENTION MEASURES

- Schedule regular warm-up breaks in heated areas
- Use a buddy system for longer tasks

EMERGENCY PROCEDURES

- Remove yourself from the cold and go to a heated area
- Make sure emergency numbers are posted nearby work locations

STAY WARM, STAY SAFE: RECOGNIZE, PREVENT, AND RESPOND TO COLD STRESS BEFORE IT STRIKES.