integrity safety services

Weekly Safety Meeting

Dressing for Winter Work

Date: _____ Jobsite: _____

Discussion Leader:

_____

Attendance Sign- In:

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Summary

During cold weather, it can have a chilling effect on the senses to see, smell, and feel. It is usually difficult to be productive when you are cold. Therefore, it is important to dress for the weather conditions found on the jobsite.

Guide for Discussion

- *Always dress in layers with the outer layers being rather loose and the inner layers being somewhat tighter (to trap body heat).*
- *Do not over bundle.*
- *Use the outer layer of clothing as a windbreaker. This will make the layers underneath more effective.*
- *Minimize sweat. If you begin to get hot, take a layer off. Try to avoid getting your clothing wet. Once wet, they will not serve as good protection from the cold.*
- *Wear head protection. This will increase your overall warmth. Over half of the body's heat loss comes from the head.*
- *Be sure to properly protect your feet. Unless you are moving around, your feet will feel the effects of the cold first. Wool socks help, but 4-buckle overshoes can provide better protection.*
- *Gloves are very important. Most often a thin pair of wood gloves under a pair of leather gloves will provide the best protection.*

Additional Discussion Notes:

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Remember

Don't overdress. This can restrict your movements and increase the chances of an accident. The shock effect resulting from an accident in cold weather can be much more dangerous. Should an accident occur in cold weather, it is critical that the injured person be kept warm.

14300 NE 20th Ave Suite D-102 #280 Vancouver, WA 98686
office (360)574-6071 fax (360)574-3906
www.integritysafety.com