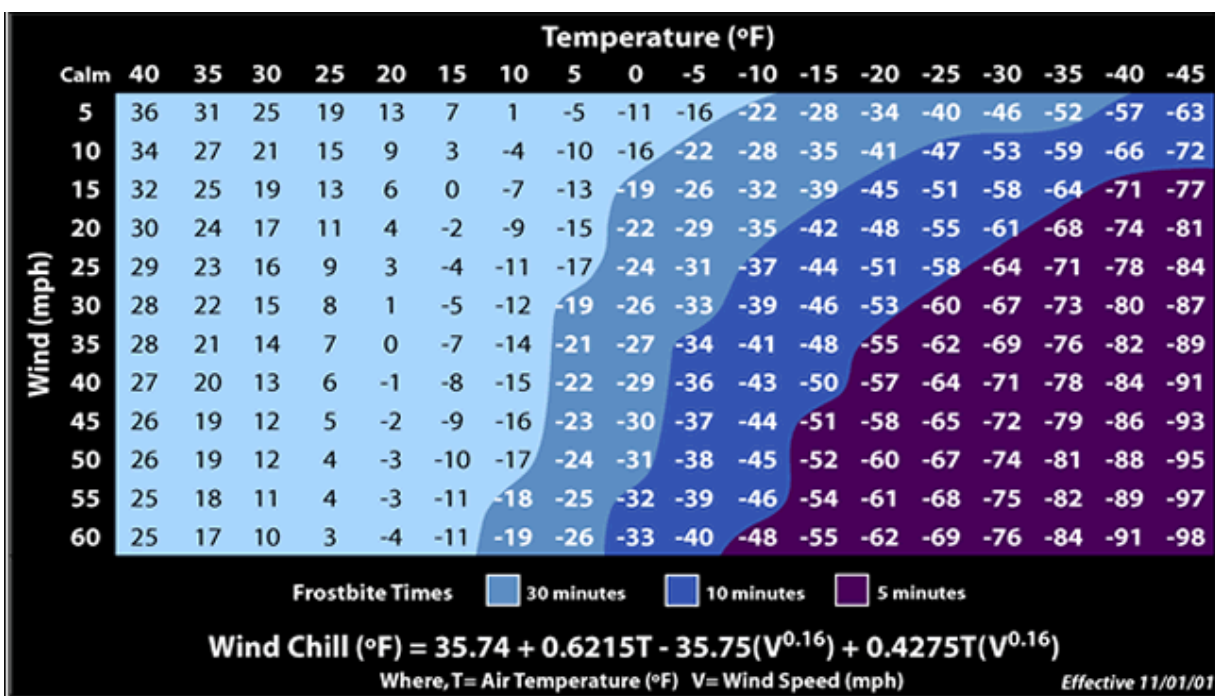


The presence of wind in an already cold environment can pose a deadly combination. It is important to realize the effect wind has when paired with cold temperatures. For example, if it is 10 degrees Fahrenheit outside and there are also 20 MPH winds present, the temperature actually feels like -9 degrees Fahrenheit to the body. Because of the danger wind poses in cold weather, the National Weather Service will often issue wind chill advisories and warnings when a deadly combination of wind and cold air threaten an area.

Below is a handy wind chill chart provided by the National Weather Service to determine what the temperature actually is when the wind is present.



### Remember This!

The following are best practices to avoid cold stress-related injuries when working outside.

- Eliminate or limit work as much as possible when extremely cold temperatures are present.
- Allow for acclimatization to cold environments or weather.
- Layer up on clothing and keep clothes dry.
- Take breaks in warm areas or vehicles as needed.
- Drink warm beverages to help warm up your core temperature.
- Monitor the condition of other workers around you. If you notice something could be wrong, get them into a warm area and notify a supervisor.





# Tool Box Talk/Safety Meeting Sign In Sheet

Energy Efficiency Specialists™

Email to [chris@hudsonbayins.com](mailto:chris@hudsonbayins.com) or [safety@hudsonbayins.com](mailto:safety@hudsonbayins.com) or text to (206) 730-6273

Topic: \_\_\_\_\_ Date: \_\_\_\_\_

Discussion Leader: \_\_\_\_\_ Job Name: \_\_\_\_\_

	Employee Name	Employee Signature
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Employee Comments, Concerns, Suggestions or Recommendations to improve workplace safety & health:

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*Please submit this document immediately upon completion of the meeting to the safety department and retain the original copy of this document in the Safety & Risk Management Plan.*