



Working in the Cold

Developed by:		Approved by:	Date created:	Last revision:
Jason M. Moffatt		G. Kaluzniak	January , 2016	December 1, 2022
Possible Hazards Present		Personal Protection Required		Additional Training
<ul style="list-style-type: none"> - Frost Bite - Hypothermia 		<ul style="list-style-type: none"> - Wear Appropriate Clothing 		
<ol style="list-style-type: none"> 1. Be aware of the weather conditions for the duration of the work period. 2. Ensure your clothing is dry and without defect. 3. Dress in layers so that clothing can be easily removed or added as required. 4. Take short breaks indoors whenever possible. 5. Be aware of early signs of Hypothermia in yourself & others: a) Shivering b) Muscle tension c) Fatigue, Abnormal Drowsiness d) Slurred Speech, Slowed Motor Skills e) Erratic Behavior & Irritability. 6. If these signs appear: <ol style="list-style-type: none"> a) go indoors immediately b) warm up before returning outdoors c) let someone know 				
Documentation/Legislation Workplace Safety and Health Regulation, M.R. 217/2006 2.1 Safe Work Procedures 4.12-4.13 Thermal Conditions			<p style="text-align: center;">This Safe Work Procedure will be reviewed anytime the task, equipment or materials change and at a minimum every three years.</p>	