



KCA TOOL BOX TALK: Cold Weather Injuries Prevention

Being in cold temperatures, for an extended period of time, can cause injuries such as trench foot, frostbite, and hypothermia. Some of the danger signs can include uncontrolled shivering, slurred speech, clumsiness, fatigue, and confusion.

Tips to Prevent Cold Weather Injuries:

- ✓ Wear clothes for cold, wet, and windy conditions.
- ✓ Dress in layers to adapt to changing temperatures or physical activity.
- ✓ Wear wool or synthetic insulated socks, shoes, gloves, hat and long underwear.
- ✓ Work on site together so coworkers notice danger signs in each other.
- ✓ Drink plenty of warm, beverages but avoid caffeine and obviously alcohol.
- ✓ Take breaks in a heated area to warm up as needed.
- ✓ Get medical help right away if someone has symptoms of hypothermia which are shivering, loss of coordination, confusion or disorientation.

For more information visit [OSHA Cold Stress Prevention Link](#)

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