

Tool Talk Safety Meeting

November 25, 2019

Working in Cold Weather

Working outside in the cold is challenging and more difficult if you are not prepared. Are you prepared for cold weather work? Here are a few common sense reminders about staying warm when working in cold weather

Dress in layers

- Wear thermal underwear and add additional mid-layers under an insulation layer with an adequate shell for conditions and remove layers as necessary to prevent overheating and perspiration which can lead to chills. Wear a hat.
- Wear the right gloves for the work you are doing. Gloves should have enough insulation to keep you warm and at the same time be thin enough to feel what you are doing.
- Wear proper footwear with adequate insulation to keep your feet warm and dry with soles that have adequate tread to help prevent slips and falls

Stay Flexible

- Keep your muscles loose by stretching before work and in between jobs as muscles tend to tighten up more during colder temperatures.

Get enough to eat

- Your body requires more fuel when working in cold weather. Start with a good breakfast and eat meals that are hearty enough to supply you with the calories and nutrients to work in cold weather.

Questions about Tool Talk Topics or other safety items? Contact Kurt Shea at 269-207-2055 or by email at kurt@pkcontracting.com



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TOOL TALK SAFETY MEETING

TOPIC(S): Tool Talk Working in Cold Weather, November 25, 2019

DATE: _____ **DIVISION:** _____

Foreman's/Presenter's Name: _____

Printed Name	Signature	Printed Name	Signature

Attendees sign and print name below

ADDITIONAL TOPICS AND/OR SUGGESTIONS FOR NEXT TOOL TALK

PARTNER BY CHOICE. SAFETY BY DESIGN.

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