

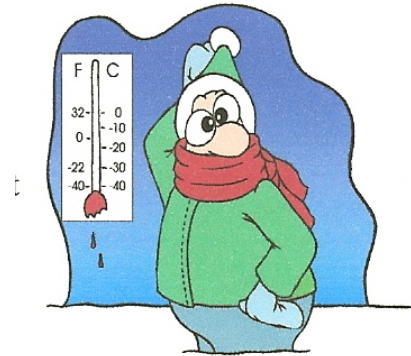


## SITE SAFETY MEETING - TOOL BOX TALK

# Frostbite in Construction

Exposure to extreme cold can cause injury and tissue damage. Frostbite results from exposure to severe cold; it is most likely to occur during windy conditions. Wind takes heat from the body rapidly.

Signs and symptoms of oncoming frostbite are not always readily apparent to the victim. Since frostbite has a numbing effect, one can not always tell that it is happening. Frostbite advances through stages.



**The best remedy for frostbite is prevention but should frostbite occur, follow this guide:**

STAGE	SYMPTOM	TREATMENT
<b>Frostnip</b>	<ul style="list-style-type: none"> <li>* Area feels numb</li> <li>* Skin turns red, then white</li> </ul>	<ul style="list-style-type: none"> <li>* Place hands on frostnipped parts</li> <li>* Place frostnipped fingers in armpit</li> </ul>
<b>Superficial Frostbite</b>	<ul style="list-style-type: none"> <li>* Skin turns white and waxy and is firm to touch</li> <li>* Underlying tissue is soft</li> <li>* Surface area is numb</li> </ul>	<ul style="list-style-type: none"> <li>* Do not rub</li> <li>* Move to warm area</li> <li>* Apply a steady warm cover with dry sterile dressing</li> <li>* Get medical attention</li> </ul>
<b>Deep Frostbite</b>	<ul style="list-style-type: none"> <li>* All feeling in area is lost</li> <li>* Underlying tissue is firm</li> <li>* Skin turns white, yellow-white, or blue-white</li> </ul>	<ul style="list-style-type: none"> <li>* Leave frozen</li> <li>* Cover with dry, sterile dressing</li> <li>* Transport to hospital</li> <li>* If there is delay in transport, warm with 105° water; can use warm cloths</li> </ul>

### General Rules for Treating Frostbite

DO	DO NOT
<ul style="list-style-type: none"> <li>* Apply loose, soft, sterile dressing</li> <li>* Splint and elevate extremities</li> <li>* Give warm fluids containing sugar</li> <li>* Get medical attention</li> </ul>	<ul style="list-style-type: none"> <li>* Rub or manipulate frostbitten parts</li> <li>* Use hot water bottles or heat lamps</li> <li>* Use a stove, fire, or exhaust system</li> <li>* Smoke (it restricts blood vessels)</li> <li>* Drink coffee, tea, or chocolate (restricts blood vessels)</li> <li>* Walk (if feet are frostbitten)</li> </ul>

**TAKE SAFETY SERIOUSLY – DRESS PROPERLY FOR THE WEATHER AND THE JOB!**

## Questions to start discussion

1. What are a few symptoms of frost-nip? How is it treated?
2. What are the symptoms of superficial frostbite? How is it treated?
3. What are the symptoms of deep frostbite? How is it treated?
4. What are the general rules (Do's and Don'ts) for treating frostbite?
5. What is the best precaution you can take to avoid any of the above dangers?

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CFLC 65 Frostbite in Construction - *This document is provided for information purposes only. It is not intended to be a substitute for individual legal Counsel or advice on issues discussed within. Readers seeking resolution of specific legal issues or business Concerns related to the captioned topic should consult their attorneys and/or insurance representatives. For more information, contact your local Hartford agent or your Hartford Loss Control Consultant. Visit The Hartford's Loss Control web site at <http://www.thehartford.com/corporate/losscontrol/>*

### Meeting Notes:

Employee Comments / Concerns: \_\_\_\_\_

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Other Safety issues to be addressed on the job: \_\_\_\_\_

\_\_\_\_\_

**Training Record:** Date: \_\_\_\_\_ Jobsite: \_\_\_\_\_ By: \_\_\_\_\_ Title: \_\_\_\_\_

Employee Name	Emp #	Signature	Employee Name	Emp #	Signature
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**Tool Box Talks** are employee safety meetings designed to serve as 15 minute on-site training sessions focused on key topics relative to your work.

Site superintendents or foremen are responsible for holding meetings each week usually during a morning break. This important segment of your general safety program encourages open discussion on the topic of the week and allows employees to share their experiences about accidents and safe or unsafe work practices. Recordkeeping is mandatory and all involved must sign off on each session.

Topics for your company could include: electrical safety, excavation and trenching safety, fall protection, scaffold safety, stairway and ladder safety, hazard communication, fire safety, personal protective equipment, tool safety, materials handling, etc.

Sample Tool Box Talks are provided compliments of the Safety Committee of the Hartford County Homebuilders Association. For more information on Tool Box Talks contact The HBA office 860 563-4212. *Tool Box Safety Talks* can be purchased from the National Association of Homebuilders 1-800 368-5242, [www.nahb.com](http://www.nahb.com) or may be available through your business insurance provider.

**BUILD SAFELY – THINK SAFETY**