



SITE SAFETY MEETING - TOOL BOX TALK

Cold Weather Injury Prevention

Mark Twain made a famous statement: "We all talk about the weather but nobody does anything about it". After all, what can we do? It's that time of year again, cold weather is here, and we cannot change it. However, cold can injure and we can do something about that! Injuries that occur from cold can range from uncomfortable to life threatening. Know what can happen.

INJURY SYMPTOM DESCRIPTION

- **Chilblain** - Painful injury; Skin becomes tender, red, swollen
- **Trench foot** - Serious injury; Extremity becomes numb, amputation potential
- **Frostbite** - Serious injury; Deep layers of skin freeze, tissue damage
- **Hypothermia** - Life threatening; Body core drops below 95°F, death potential

A Healthy Body Is Less Susceptible

- Use moisturizing lotions, lip balm
- Eat nutritious food
- Stay in peak physical shape
- Avoid alcohol, caffeine, tobacco
- Stay active to produce more heat
- Keep extremities dry
- Avoid dehydration, drink plenty of water, at least 16 oz. every work hour

Dress Properly

- Proper dress will keep you warm and dry. Wet clothes increase heat loss. The best clothing has good ventilation so moisture can escape.
- Dress in layers
- Wear outer windproof layer
- Wear a liner in your hardhat
- Wear cotton close to the body
- Keep clothes clean
- Wear mittens with liners if possible
- Water resistant boots
- Change socks frequently

Get Out of the Cold

- Take a break inside, if you are shivering
- Work in a shelter, when possible
- Use warming devices, if available
- Work with your back to the wind

If you maintain good physical health, eat and drink properly, and minimize time spend in the cold, you are more likely to stay safe and avoid injury.

Questions to start discussion

1. What are four types of injuries that can result from over exposure to the cold?
2. What are some of the symptoms that you should watch out for when working in the cold?
3. What should you do to protect your body when working in the cold?
4. What are the three things you should do to stay safe and avoid injury from the cold?

Meeting Notes:

Employee Comments / Concerns: _____

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 or may be available through your business insurance provider.

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BUILD SAFELY – THINK SAFETY