

TOPIC: Extreme Cold

Winter weather poses specific health hazards to workers. Thankfully, few workers die or miss work as a direct result of exposure to environmental cold but there are still injuries and fatalities related extremely cold conditions



ASK: Does anyone have an example / know of a person who has suffered serious consequences do to extreme cold exposure? *(Wait and encourage responses.....be prepared with an example of your own).*

ACKNOWLEDGE: Thank you for being here and participating in this safety talk. I know your time is valuable, so I will ensure every moment of this talk is worth your while *(make eye contact with the entire group).*

Training Tips:

Ask a lot of questions: While delivering your Safety Talk, ask questions that ‘hook the mind’ and engage your participants. The simple act of asking questions is a High Impact Training technique!

Raise a hand when asking questions: Directed to your audience, you’ll often find that people are more willing to answer your questions and become active participants... try it out! Also, pause for a moment after asking a question; waiting for and encouraging responses from the group.

Provide an example of a personal experience: *(or a recent news event)* For instance: “A close friend of mine once _____”, or “Just last week _____”. This is a very effective method to help participants relate to your topic. It often helps them to realize: ‘Yeah, this could affect me. I should listen to this.’

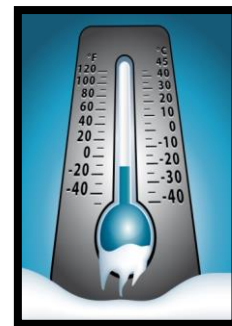
What’s in it for Me? (WIIFM): Did you know that extreme cold can cause permanent nerve damage to extremities or even require them to be amputated? Today we’re going to discuss safe work practices in extreme cold AND the emergencies procedures you should take to help someone who has suffered extreme cold exposure.

ASK: What is Hypothermia? (Wait for and encourage responses). What are the causes of Hypothermia?

Hypothermia is a condition where a person’s core body temperature is lower than 35°C (95°F). Hypothermia has three levels: acute, sub acute, or chronic.

Causes of Hypothermia

1. cold temperatures
2. improper clothing, shelter, or heating
3. wetness (body and / or clothing)
4. fatigue, exhaustion
5. poor fluid intake (dehydration)
6. alcohol intake



Preventing Hypothermia

1. Wear several layers of clothing, as layers of clothing can be removed or replaced depending of physical activity.
2. Move around, physical activity raises body temperature.
3. Water cooler than 75°F (24°C) removes body heat more rapidly than can be replaced. The result is hypothermia.

NOTE: Any reference to the Manitoba Workplace Safety and Health Regulation is for convenience sake only. The original text must be consulted for all intents and purposes of applying the law.

To avoid hypothermia:

- a. Wear high rubber boots if working in water.
- b. Ensure clothing and boots have adequate insulation.
- c. Avoid working alone, if there is a risk of hypothermia.
- d. Take frequent breaks out of the weather.
- e. Change into dry clothing when possible.
- f. Keep hydrated by drinking warm liquids. If possible do not eat snow or drink cold water, as your body uses critical energy to warm these liquids.

ASK: What is the appropriate First Aid to provide someone who is hypothermic? (Wait for and encourage responses).

Helping Someone Who Is Hypothermic:

As the body temperature decreases, the person will be less awake and aware and may be confused or disoriented. Because of this, even a mildly hypothermic person might not think to help himself/herself.

1. Remove the person from the cold environment if possible.
2. Remove wet clothing, and warm by applying dry blankets
3. Place heat packs from the First Aid Kits under the person's arms and on torso.
4. Do not rub or massage the skin.
5. Give the person warm beverages to drink is safe to do so.
6. Do not give the person alcohol or cigarettes; blood flow needs to be improved, and these slow blood flow.
7. People who have severe hypothermia must be carefully re-warmed and their temperatures must be monitored. Do not use direct heat or hot water to warm the person.
8. Even someone who shows no signs of life should be brought quickly and carefully to a hospital or other medical facility.



MB WSH Regulation:

Thermal Stress

4.12 When a workplace or work process exposes a worker to conditions that may create a risk to the worker's safety or health because of heat or cold, an employer must implement safe work procedures and control measures to ensure that

- (a) the threshold limit values for thermal stress established by the ACGIH in its publication, *Threshold Limit Value for Chemical Substances and Physical Agents and Biological Indices*, are followed; and
- (b) the worker is provided with information, instruction and training in the symptoms of thermal stress and the precautions to be taken to avoid injury from thermal stress.

Facilitator, remember to:

1. Ask for the commitment of your employees,
2. Answer all questions,
3. Thank them for their time and
4. Document that this safety talk occurred.

RECORD OF SAFETY TALK	
Extreme Cold	
Company Name:	Work Location Dept.:
Talk Given by:	Date / Time:

Results of inspection, demonstration or other activity or suggestions during talk:

List of All Employees Who Attended the Safety Talk:	
Name (PRINT)	Signature
1.	
2.	
3.	
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Signed: _____ Position Held: _____