



January 2024 Safety

Cold Stress and Winter Construction Safety

As the temperature drops, it's crucial to prioritize safety on the construction site. Cold Stress is a real concern, but with the right precautions, we can ensure a safe and productive winter.

Here are some tips to staying warm on the Job:

- Layer Up.
 - Dress in layers to trap heat close to your body. Thermal undergarments, insulated jackets, and waterproof outer layers.
- Protect Extremities
 - Keep fingers, toes, and nose covered to prevent frostbite. Insulated gloves, waterproof boots, and thermal hats are your winter essentials.
- Stay Dry.
 - Wet clothing and skin lose heat much faster. Use waterproof gear to stay dry and take breaks to change if needed.
- Hydrate Regularly
 - Dehydration is a risk even in cold weather. Drink warm beverages and stay hydrated to maintain energy levels.
- Take Breaks Indoors
 - Schedule regular breaks in a warm and dry area to allow the body to recover from the cold.
- Watch for signs of Cold Stress
 - Be aware of symptoms like shivering, fatigue, confusion, and numbness. If experienced seek warmth immediately.

Lets make this a safe winter.