PROCEDURE: WORKING IN COLD WEATHER

RISK RANKING: MEDIUM
HAZARD ASSESSMENT:

<table>
<thead>
<tr>
<th>HAZARD</th>
<th>POTENTIAL EFFECT</th>
<th>CONTROL</th>
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</thead>
<tbody>
<tr>
<td>1. Hypothermia.</td>
<td>1. serious personal injury even death if inner body temperature falls below 37 C.</td>
<td>1. Wear adequate clothing and take adequate breaks in heated shelters.</td>
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<tr>
<td>2. Skin injury.</td>
<td>2. Worker suffers injury from having contacted cold metals.</td>
<td>2. Wear appropriate PPE.</td>
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SAFETY EQUIPMENT:
Appropriate F.R. winter gear (parka, insulated coveralls, and mittens), hardhat with liner, balaclava, communication equipment, survival pack, safety glasses c/w side shields (sunglasses) and personal gas monitor.

Note: Cold temperatures can cause workers to become disoriented, less alert, and less attentive to their jobs and personal safety. Avoid overheating and perspiration by adjusting fastenings at the neck, waist, arm sleeves and ankles to allow air to circulate.

PROCEDURE:

1. Plan the work to be done and ensure that you have all material required to perform the job task.

2. Determine if temperature is too cold to perform the job (get a weather report from local radio station).

3. Reference wind-chill factors chart to acquire ambient temperature.

4. Take steps to protect yourself from the wind, construct a wind break if possible use your vehicle as a wind break.

5. Ensure you have a planned rest area that is heated. Take breaks as often as necessary. Always together, when one person breaks everyone breaks.

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Date of Last Review: February 15, 2010
6. Ensure that you have proper clothing required to perform the job:
   - For hand wear, use mittens instead of gloves if possible
   - For headwear, use a hardhat liner, balaclava and goggles are beneficial
   - For footwear, boots should have liners and thick soles for standing in the snow.

7. If clothing becomes wet, change immediately.

8. Workers with circulatory problems should reduce the duration of exposure to extremely cold temperatures.

9. Avoid drinking caffeine as it serves as a contributing factor to dehydration (stimulant).

Note: If traveling in cold weather, make sure you have an emergency kit incase of a breakdown as well as an arctic type sleeping bag or blankets.