

# MANUFACTURING SAFETY ALERT

Ask Yourself  
“Could it happen here?”

## DESCRIPTION OF EVENT

### Cold Temperatures

With the cold winter temperatures, we need to ensure we are doing everything we can to stay safe.

The colder it gets, the more energy we need to use to stay warm. When it is also cold and windy and/or snowing your body uses even more energy and loses heat faster.

Working in cold or freezing temperatures for a long time can lead to health problems.

Even a minor injury or need for help can turn critical in a very short time at extreme temps.

Equipment reliability is reduced in extreme cold (including emergency equipment like inReach).



## SUGGESTED ACTIONS

### Plan Ahead

- Do a hazard assessment prior to going out.
- Pack extra food, water, and emergency supplies

### Dress for the Weather

- Inner and out layers
- Head, hand and footwear that is suitable
- Pack extra clothing in case it gets wet

### Stay Hydrated

- Drink sports drinks/soups
- Avoid caffeine

### Be Proactive and Alert

- Learn the signs and symptoms of cold weather illnesses and injuries
- Take frequent breaks in a warm area
- If you are going out, ensure frequent check-ins or use the buddy system.

## Important Take Away

### Hypothermia

- Being cold over a prolonged period can cause a drop-in body temperature
- Shivering, confusion, and loss of muscular control (e.g., difficulty walking) can occur.
- Warm the person gradually and slowly, using available sources of heat.

### Frostbite

- A more severe condition, where both the skin and the underlying tissue (fat, muscle, bone) are frozen.
- Skin appears white and waxy and is hard to the touch.
- No sensation - the area is numb or tingling.

