

# PREPARING FOR COLD WEATHER SAFETY

Working outdoors can be challenging in cold, wintry conditions. Wind, snow and rain can increase the chances of heat loss and dampen clothing, leading to cold stress and potential hypothermia. This can develop gradually and often goes unnoticed as the body struggles to maintain its internal temperature.

## COLD WEATHER SAFETY TIPS:

- LISTEN TO THE WEATHER FORECAST
- DRESS WARMLY/STAY DRY
- BE AWARE
- BE PREPARED



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## LISTEN TO THE WEATHER FORECAST:

- Check the weather and road conditions before heading out.
- Pay attention to wind chill warnings.
- Weather warnings are issued based on local climate conditions and are issued when significant weather or wind chills are expected.

## DRESS WARMLY/STAY DRY:

- Wear layers, with a wind-resistant outer layer.
- In cold weather, wear a hat, mittens or insulated gloves.
- Keep your face warm with a neck tube or face mask.
- Choose warm and waterproof footwear.
- In very cold conditions or significant wind chill, cover as much exposed skin as possible.
- Ensure your layers do not interfere with your personal protective equipment (PPE).
- Remove outer layers or open your coat if you start sweating.

## BE AWARE:

- Watch for signs of frostbite and hypothermia.
- Alcohol, tobacco, and certain medications can increase your susceptibility to cold.

## BE PREPARED:

- Winterize your grab-and-go bag.
- Ensure your winter grab-and-go bag or car kit is inspected and contains all necessary items.
- Equip your vehicle with chains, winter tread tires and salt/sand mixtures.

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## REMEMBER:

It's essential to identify these hazards and take preventive measures to ensure your safety and well-being in cold weather conditions.

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