OVER ▶

WINTER PREPAREDNESS

WORKING IN COLD WEATHER

1. WEAR THE GEAR
2. WALK LIKE A PENGUIN
3. BEWARE OF FROST BITE AND HYPOTHERMIA



BC **Forest Safety**

Safety is **good** business

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WINTER PREPAREDNESS: WORKING IN COLD WEATHER

1. WEAR THE GEAR

COVER UP

- Wear a hat that covers your head and ears. As much as half your body heat is lost from the top of your head
- Cover your face and neck with a knit mask
- Keep your hands and feet warm and dry, remembering to wear good-fitting gloves that let you work safely
- Check your winter wardrobe for entanglement hazards such as scarves, loose/dangling sleeves and strings. Basically remove anything that could get caught in rotating machinery

LAYER UP

- Wear a layer next to your skin that is made of moisture wicking materials to take sweat away from your skin
- Add an insulating layer made of wool or fleece
- Add a windproof and waterproof outer layer

GET A GRIP!

- Wear a boot with a slip-resistant sole or consider additional grips that can fit over your boot

CHECK YOUR VISION

- Keep your safety eye-wear from fogging up in the cold. Use anti-fog coatings and wipes that are appropriate for your eye-wear

2. WALK LIKE A PENGUIN!

- When walking on ice and snow, bend slightly and walk flat-footed pointing your feet out slightly like a penguin
- Keep you centre of gravity over your feet as much as possible
- Take shorter, shuffle like steps with your arms at your sides and not in your pockets
- GO SLOWLY!

3. BEWARE OF FROSTBITE AND HYPOTHERMIA

Frostbite and hypothermia can creep up on you, so watch out for these signs:

FROSTBITE WARNING SIGNS

- Redness or pain on any skin area
- A white or grayish skin area
- Skin that feels firm or waxy
- Numbness

SIGNS FOR HYPOTHERMIA

- Shivering, fumbling hands
- Confusion, memory loss
- Slurred speech
- Exhaustion, drowsiness

IF A PERSON IS EXPERIENCING HYPOTHERMIA OR FROSTBITE

- Seek medical attention as soon as possible
- Get them into a warm room or shelter
- Remove wet clothing
- Warm them under layers of blankets and clothing
- Place areas affected by frostbite in warm-to-touch water

Winter Safety Series

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