



# Winter Preparation Checklist

A well-crafted Cold Safety Action Plan isn't merely a box to check—it's your frontline defense against cold-related incidents. Here's a quick guide to help you navigate winter challenges effectively:

- Layer Up:** Dress in layers to adapt to changing weather conditions. Opt for synthetic fabrics close to the skin for better insulation.
- Stay Dry:** Wear waterproof or water-repellent outer layers, as wet clothing can lose up to 90% of its insulating value.
- Drink Smart:** Hydrate with warm, non-alcoholic, caffeine-free beverages to retain body heat and prevent dehydration.
- Snack Frequently:** Encourage workers to stay hydrated and consume high-calorie snacks to regulate body temperature and maintain energy during cold work.
- Brush Off Snow:** Regularly remove snow from clothing to reduce moisture and maintain warmth.
- Use the Buddy System:** Work in pairs to monitor each other for signs of cold stress or overexposure.
- Take Heated Breaks:** Schedule breaks in a warm, sheltered area to rest and regulate body temperature.
- Check Equipment:** Ensure that all tools, vehicles, and equipment are winter-ready and functioning properly to prevent downtime and cold exposure.
- Monitor Weather:** Use a reliable weather monitoring platform, like Perry Weather, to receive real-time alerts for sudden temperature drops, high winds, and extreme cold that may impact site safety.





# OSHA Winter Recommendations

## Rule

## OSHA Cold Weather Safety Recommendations

### Snow and Ice Removal

- Clear walkways and work areas of snow and ice to prevent slips and falls.
- Use salt or sand for de-icing, but regular snow removal is crucial.
- Check for hidden hazards like wet floor mats or compacted snow between parking spots.

### Inspect and Winterize Equipment

- Winterize machinery and equipment to prevent dangerous situations and expensive repairs.
- Use anti-freeze fluids and cold-weather lubricants to winterize machinery for safe operation.

### Provide Heated Break Areas

- Provide workers access to heated break areas to prevent cold stress-related health issues like hypothermia or frostbite.
- Encourage hourly warm-up breaks in heated areas during harsh conditions.

### Fall Protection

- Nearly 40% of winter workplace injuries are due to falls.
- Ensure handrails, steps, and platforms are clear of ice, and inspect fall protection gear for wear.

### Create a Cold Safety Action Plan

- Craft a solid winter safety plan to keep incidents at bay and empower your team to respond swiftly when challenges arise.

