



SAFETY TALK

Frost Bite

Frost bite occurs when skin is exposed to extreme cold or prolonged cold weather. Wind chills, extreme cold temperatures and wet, damp clothing/apparel in contact with skin will accelerate frost bite

HAZARDS

- None rated work gloves (poorly insulated) are hazardous in extreme cold conditions
- Working with metal tools and objects with none rated work gloves is hazardous
- Winter clothing (parkas, pants, socks) not rated for winter conditions can contribute to frost bite
- Face, ears, nose and hands (exposed skin) to extreme wind chills is hazardous
- Wearing poorly insulated work boots can cause frost bite
- Failure to plan work properly in cold weather can result in frost bite
- Poorly maintained vehicles can cause unexpected break downs causing frostbite to stranded motorists

SAFEGUARDS

- Wear protective gloves/mitts rated for extreme cold weather conditions
- Avoid handling metal tools/objects without proper rated work gloves
- Always dress in layers with the outer layer being loose and the inner layer being slightly tighter to trap in heat
- Wear protective parkas, pants, socks and work boots properly rated for protection in cold temperatures
- Wear head and face protection that is approved for use under hardhats like toques, hard hat liners, and full face protection
- Plan work properly so that warm up breaks are taken
- Maintain vehicles in safe operating condition to help prevent break downs



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01/2014

