

What?



- Winter months bring additional challenges to keeping safe, especially when working outside. Cold weather, icy or snowy conditions, fog, strong winds and shorter periods of daylight mean there is more potential for accidents to happen.

Why?

- Careful consideration needs to be given to carrying out outdoor activities in winter and to be aware of the increased likelihood of slips, trips and falls, getting lost if visibility decreases, falling trees or branches in strong winds and the onset of hypothermia.
- Early signs of hypothermia include: shivering, cold and pale skin, slurred speech, fast breathing, tiredness and confusion. If their temperature drops to 32C or lower, they'll usually stop shivering completely and may pass out. This is a sign that their condition is getting worse and emergency medical help is needed.



Do ✓

- ✓ Refer to specific risk assessments taking account of weather conditions
- ✓ Check the weather forecast before working outside
- ✓ Wear warm, waterproof clothing; dressing in layers of lightweight clothing is more effective than one heavy layer
- ✓ Wear gloves, hats and scarves (if it doesn't interfere with any PPE), but be aware of dangling scarves, especially if operating machinery
- ✓ Take plenty of hot drinks and food
- ✓ Shelter from the weather when on breaks
- ✓ Be more vigilant when working in adverse weather conditions

Don't ✗

- ✗ Don't skip breakfast, as it will provide you with the fuel to start your day
- ✗ Don't work if adverse weather puts you at risk
- ✗ Don't handle objects with large surface areas as this can be dangerous in strong winds
- ✗ Don't keep working in wet clothing; it is 20 times less warm than dry clothing
- ✗ Don't overexert yourself; cold weather can put extra strain on your heart, so pace yourself
- ✗ Don't ignore signs of cold, since hypothermia can set in quickly



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