

Winter is Coming!

As Iron workers we are required to work outdoors during the winter months; it's just part of the job. In order to work safely in the cold, it is important to dress for the weather and understand cold weather safety. The most important thing you can do to protect yourself against cold, wet winter weather is to wear the right clothing. Wear layers of clothing: an inner layer of cotton next to your skin, a middle layer of lightweight flannel or wool, and an outer layer that is wind and waterproof. Don't forget to protect your fingers and feet. If your gloves or footwear get wet be sure to change them right away. Remember to wear a hat. If you wear a hard hat use an appropriate liner. Prolonged exposure to freezing temperatures can result in health problems as serious as frostbite and hypothermia.

During cold weather, about 60% of your body's fuel is used to heat the body. Because so much energy is used to keep you warm, you get tired more easily and are susceptible to cold-related, and other illnesses. As much as 40% of your body heat can be lost through your head. The obvious solution is to wear a good hat. Here are a few tips to remember:

- Give your body time to acclimate to the cold.
- Take regular breaks to help your body warm up - preferable in a warm location such as an office, trailer, or car.
- When possible, limit the amount of work you do outdoors in the elements.
- Try to perform your outdoor work during the warmest part of the day.
- Drink warm liquids such as coffee, cocoa, or soup. Staying hydrated can help you stay warmer.
- Wear a hard hat appropriate liner, no hoodies.

Do This!

- Pay attention to weather reporting and plan on dressing accordingly.
- Keep an extra set of dry warm clothing in your vehicle.
- Invest in a quality set of rain gear.
- Wear a hard hat appropriate liner.
- Pay special attention to your body's extremities, hands, feet, fingers and toes!
- Give your body time to acclimate to the cold.
- Limit your exposure time in extreme cold environments.
- Take regular breaks to help your body warm up - preferable in a warm location such as an office, trailer, or car.

Don't do this!

- Come unprepared to work in the colder environments.
- Expect your foreman to dress you due to your unpreparedness for the weather.
- Wear unapproved liners under your hard hat... Hoodies.
- Jump into work activities without stretching and properly acclimating to weather conditions.
- Continue working in wet clothes, boots, or gloves.
- Stop drinking water due to the cold.



