Checklist: Cold Weather

Cold Weather/Cold Stress Checklist

Use this checklist from the Electronic Library of Construction Occupational Safety and Health (eLCOSH) to ensure that you've taken all reasonable steps to protect your workers from the hazard of cold stress. If you identify any gaps in your protections while completing the checklist, make sure that you address them. Adapt it to meet your specific needs.

HAZARD IDENTIFICATION: Describe tasks in the workplace/on this work site involving exposure to cold:	YES	NO	N/A	COMMENTS
Is work done outdoors in cold temps? Which jobs?				
How cold is it?				
Is cold a problem all day or part of the day?				
Are conditions also damp?				
How windy is it?				
Is work done in cold and/or damp indoor areas? Which jobs?				
Does work require contact with cold and/or damp objects or materials? Which jobs?				
TRAINING: Workers have been trained:				
To recognize signs of frostbite, including changes in skin color or peeling skin.				
To recognize the signs of hypothermia, including uncontrolled shivering, slow/slurred speech, weak pulse, confusion or drowsiness.				
On how to administer first aid for frostbite and hypothermia.				
On precautions to take when working in the cold, and proper use of PPE.				
To understand the effect alcohol and drugs have on the risk of hypothermia.				
WORK PRACTICES:				

Temperature and wind are controlled as much as possible. Heaters, wind shields and windbreaks are used where possible.				
Workers in cold jobs are rotated when possible, so no one is exposed to cold too long.				
There are plenty of warm liquids (soup, broth, or tea) readily available on the. Workers drink a quart an hour or more, depending on conditions and their level of exertion. Dehydration occurs as readily in the cold as it does in the heat.				
A warm shed, trailer or van is provided so workers can take breaks and warm up. Enough breaks are taken.				
Where feasible, hair is cut, and beards shaved or closely trimmed. (Ice can build up on them; they can hide signs of frostbite.)				
Skin contact with cold metal is prohibited.				
Workers periodically touch their extremities (fingers, toes, ears, nose tip and cheeks) to detect numb or hard areas that might indicate frostbite.				
Workers use the ‘buddy system’ to recognize signs of frostbite and hypothermia in each other.				
In extreme cold or high wind chill conditions, all skin is kept covered.				
Appropriate first aid supplies and equipment are available.				
PROTECTIVE CLOTHING:				
Workers wear layers of loose clothing.				
Clothing is kept dry. (Body heat is lost very quickly when clothing is wet.) Waterproof outer shells aren’t used if workers are sweating to prevent soaking clothing inside.				
Workers wear full head coverings.				
Workers wear mittens or gloves. (Mittens are better in extremely cold temperatures. Machine controls may need to be modified.)				

In cold and wet conditions (snow, sleet, hail), workers wear waterproof boots. (Regular work boots and rubber over boots are OK.)				

Date:

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Inspection Done By:

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