## Toolbox Talk

SiteAddress: Date: **Toolbox Talk Subject/Details:** 

## http://www.cpwr.com/publications/toolbox-talks

Exposure to freezing or cold temperatures for a long time can result in health problems such as trench foot, frostbite and hypothermia. Danger signs include uncontrolled shivering, slurred speech, clumsiness, fatigue, and confusion.

Wear clothes meant for cold, wet, and windy conditions. Dress in loose-fitting layers to adapt to changing temperatures. Wear a hat, gloves, socks, shoes, and outerwear that will keep you dry.

Work in pairs so that you and your coworker can spot danger signs in each other.

- Drink plenty of warm, sweet beverages (sugar water, sports drinks) but avoid caffeine (in coffee, tea, sodas, or hot chocolate) and alcohol.
- Take breaks often, in a heated area, to warm up. How can we stay safe today?

What will we do at the worksite to prevent being injured in cold weather

What will we do if someone is effected by this hazard?

- Get medical help right away if you or another worker have symptoms of hypothermia: s Shivering s Fatigue s Loss of coordination s Confusion or disorientation s
- You are at higher risk if you take certain medications, are in poor physical condition, or suffer from illnesses such as diabetes, hypertension, or cardiovascular disease.

| Any Issues raised                | Action Required | By When | By Who |
|----------------------------------|-----------------|---------|--------|
| Incidents/Near<br>Misses/Hazards |                 |         |        |
| Training                         |                 |         |        |
| Health Concerns                  |                 |         |        |
| PPE Requirements                 |                 |         |        |

## ToolboxTalkAcknowledgement:

Theemployeesdetailedbelowhave signedtoconfirmthat they:

- Havereceived a briefingonthetopicidentifiedabove
- Understandtherequirements of this tool box talk
- ✓ Shallworktotherequirements ofthistoolboxtalk

| Name | Signature | Name | Signature |
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