

Stay Protected & Safe During Cold Months

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Whether you love it or loathe it, it's time for colder temperatures and winter snow. If you live in the southern states, don't laugh and don't gloat.

Layers, Layers, Layers

Working, or playing, outside during the cold weather months means you must dress for anything. Layers are the way to go. You'll be warmer, and you can take off as needed during those transition days. You know the ones that start out below freezing but hit the high 50's & 60's by mid-afternoon.



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Layers should be loose fitting to trap the heat, remember you want to be warm, not sweating when you are not active. Think long johns, clothing, covered by wind and rain gear or insulated coveralls.

Cover your head. Your mother probably yelled this a million time. She was right. You will lose about 50% of your body heat through your head. There are many options including; a hat or toboggan as my dad called it, helmet liner, a full-face mask, and/or neck guards. Do not forget to cover your ears!

Cover your hands. I really hate wearing gloves! But if you work outside in the wet and cold, you must wear gloves. Layering gloves is often a good idea. Use a good fitted liner under your work gloves. This will add extra protection when the work gloves aren't fitted or waterproof. While we're on the subject of hands; a moisturizer is also recommended. OSHA does not require employers to provide outdoor cold weather work clothing but states that, "Regardless of this, many employers provide their workers with winter weather gear such as winter coats/jackets and gloves."

It's not too late to make sure all workers brush up on cold weather hazards, signs of distress and prevention. Have employees work in pairs and schedule breaks in warm areas.