

KSU Facilities Safety Bulletin

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Working Safely in Cold Weather

Winter weather can expose outdoor workers to frostbite, hypothermia, and cold stress, all of which can be fatal. It is important to know the wind chill temperature to better [prepare](#) and perform the work safely.

Follow these work practices to stay safe in cold weather:

- Know the symptoms of [cold stress](#); reddening skin, tingling, pain, swelling, leg cramps, numbness, and blisters.
- Dress properly; wear at least three layers of loose-fitting clothing, insulated gloves boots, and cover your head.
- Monitor your physical condition and that of your coworkers.
- Stay dry and pack extra clothes; moisture can increase heat loss from the body.
- Take frequent breaks in warm, dry areas.
- Drink warm liquids.



Source: [OSHA](#)

November HSI/Vivid Course

All: Cold Stress

Login with your KSU eid and Password:

<https://otis.osmanager4.com/KSU>

Hazards/Precautions



In addition to cold stress, there are other winter weather-related hazards that workers may be exposed to when performing tasks such as driving in the snow, removing snow, and working near downed or damaged power lines.

- [Winter Driving](#)
- [Work Zone Traffic Safety](#)
- [Stranded in a Vehicle](#)
- [Shoveling Snow](#)
- [Using Powered Equipment like Snow Blowers](#)
- [Clearing Snow from Roofs and Working at Heights](#)
- [Preventing Slips on Snow and Ice](#)
- [Repairing Downed or Damaged Power Lines](#)
- [Working Near Downed or Damaged Power Lines](#)
- [Removing Downed Trees](#)

Source: [OSHA](#)