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KEY POINTS:

- **Wear dry clothing when working outdoors**
- **Wear several layers of clothing rather than a single heavy jacket.**
- **Drink plenty of water to keep from getting dehydrated**
- **Dehydration is a major contributor to hypothermia**

Note to trainer: Follow this script or use it to help guide you through a 10- to 15-minute tailgate training session for your ag/hort workers. You may photocopy this sheet for your employees' personal use. However, it may not be published or sold.

Cold weather can be dangerous

- For many of us, winter is a welcome escape from

condition. You are more likely to rapidly lose body heat

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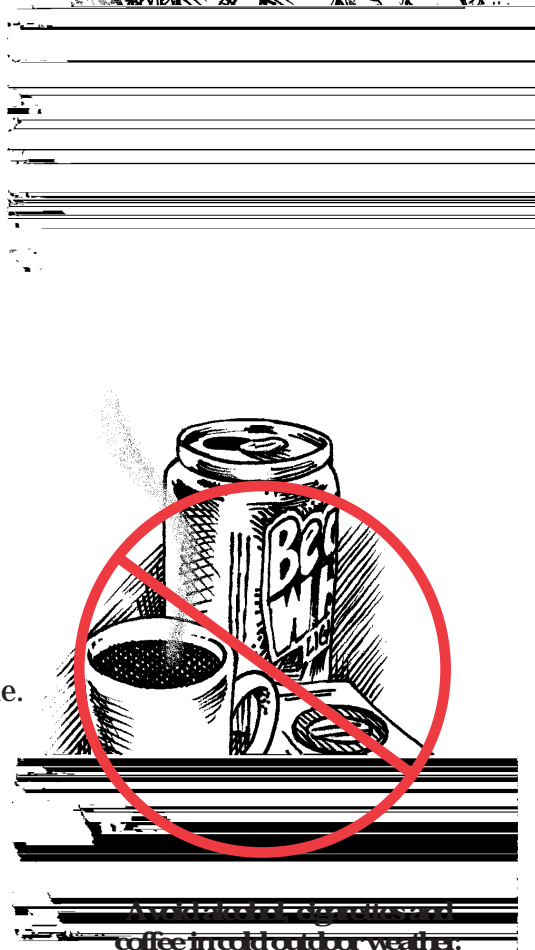
Wear the proper clothing

- One of the best ways to prevent cold-related injuries is to wear the right clothing outdoors.
- It's better to wear several layers of clothing than a single heavy coat or jacket. If possible, wear a thin layer next to your skin such as polyester or polypropylene. This will help keep the heat close to your body. Wear this under a warm layer of clothing such as wool under an outer jacket that repels water and cuts the wind.
- You should also wear a warm hat that covers your ears, gloves or mittens, dry socks, and dry shoes or boots that protect your feet against cold and dampness.
- A scarf or ski mask will also help protect your face.



More cold weather tips

- 1 Always dress properly for cold weather. Put on warm clothes before you go outside. Carry extra dry clothing if you're likely to get wet.
- 2 Keep your skin dry. Wet skin freezes quicker than dry skin.
- 3 Drink plenty of water to keep from getting dehydrated.
- 4 If possible, do some of your outdoor work during the warmest part of the day.
- 5 Avoid sitting still outdoors for long periods of time. And take adequate breaks from the cold.
- 6 Don't touch metal or wear metal jewelry outdoors in the cold. Metal conducts cold, thus increasing your chances of frostbite.
- 7 Avoid alcohol, cigarettes, coffee and other drinks with caffeine. Smoking decreases circulation; alcohol increases the rate at which your body cools.
- 8 Stay in good physical shape.



Are there any questions?

Note to trainer: Take time to answer trainees' questions.

*Then review the **Cold Weather Do's and Don'ts***

COLD WEATHER DO'S AND DON'TS

DO:

- Keep your energy level up when working outdoors in the cold. Sweet snacks will help.
- Immediately seek shelter and call for emergency medical help if you or a co-worker can't stop shivering, begin stumbling, or become confused or severely fatigued.

DON'T:

- Overestimate your ability to do strenuous work. Set a reasonable pace for yourself.
- Work outdoors in the cold if you are physically exhausted or in poor physical shape.
- Wear wet clothing outdoors in the cold.