



Risk Reminder

Protect Yourself From Winter Work Hazards

When you work in the cold, your body uses 60 percent of its fuel just to keep itself warm. Because of this, you can tire more easily than you notice. As you get more tired, you're more prone to the dangers of winter weather hypothermia, frostbite and poor awareness. Here's how to protect yourself:

- Acclimate to the cold. Before you launch fully into outside work, give your body a chance to get used to the cold.
- Take enough breaks. Take turns with a co-worker on being outside. As one person tries to warm up, the other is outside working.
- Wear layers. The National Safety Council recommends that workers wear three layers of clothing to stave off the cold.
- Get extra protection for hands and head. Your mother was right to make you wear a hat in the winter. It can help retain the 40 percent of body heat that otherwise would escape from your head.



- If you have to wear a hard hat, use a hard-hat liner that covers your ears, cheeks, and chin. And always wear the proper hand gloves. Make sure they're neither too small, which can further restrict blood flow to your fingers, or too large, which can get caught in machinery.
- Insulate your feet. In addition to wearing warm woolen socks, use insulating muffs around your ankles and over the top of your work shoes.