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Sample General Safe Work Practice for Working in the Cold

DO

- Be aware of changing weather conditions and plan your work accordingly
- Wear appropriate clothing for cold, wet and windy conditions, including layers that can be adjusted to changing weather conditions
- Plan your work to include more warming breaks
- Protect ears, face, hands and feet
- Always wear a hat or hardhat liner to reduce heat loss through your head
- Drink warm beverages and stay hydrated
- Use a buddy system so that you can monitor one another for the effects of hypothermia and frostbite
- Eat high calorie meals to maintain body temperature
- Advise your supervisor of any pre-existing condition that could affect your ability to work in the cold
- Use appropriate footwear that is rated for cold temperatures
- Keep feet dry

DO NOT:

- Do not allow yourself to overheat and sweat excessively
- Do not allow evaporative liquids (alcohols, gasoline, cleaning fluids or liquids with very low freezing temperatures) to come in contact with bare skin
- Do not remain indoors for long periods of time while wearing outdoor clothing
- Do not become exhausted or fatigued, as greater energy is required to stay warm

Please note: This document is for information purposes only as a guide. The safe job procedures (SJP) and safe work practices (SWP) created for your workplace should reflect your organizations processes, equipment and hazards as identified by a hazard analysis. Construction Safety Nova Scotia does not assume responsibility for the use of information in this document. If assistance is needed to complete a SWP and SJP for your organization please contact CSNS member services at constructionsafetyns.ca or 1.800.971.3888.