

# Cold weather working

About 5 minutes · Read it out, then ask the questions at the end.

**Why it matters.** Cold, wet and windy weather makes work harder and raises the risk of slips, cold stress and accidents.

## The hazards

- Ice and frost on walkways, ladders and scaffold boards
- Cold stress and hypothermia
- Reduced grip and dexterity
- Shorter daylight hours

## Stay safe

- Grit or clear icy routes and check access equipment for ice
- Wear layers and keep dry
- Take warm breaks and have warm drinks
- Watch out for colleagues showing signs of cold stress, such as shivering and confusion
- Make sure work areas and routes are well lit
- Use arctic grade cable outside, as ordinary flex can crack in the cold

## Ask the team

1. Which areas get icy first?
2. What are the signs of cold stress?
3. Is the lighting enough for the darker evenings?

## The law and guidance

Workplace (Health, Safety and Welfare) Regulations 1992; CDM 2015.

General guidance to help you give a toolbox talk. It doesn't replace your site's risk assessments, method statements, permits or training. Check it against your own site rules before you give it.

Free toolbox talk from EW Group, 110V site temps specialists. [www.ewgroup.co.uk](http://www.ewgroup.co.uk) · Bristol 0117 982 0005 · London 020 7476 0001

Cold weather working

Site: \_\_\_\_\_ Date: \_\_\_\_\_

Given by: \_\_\_\_\_ Company: \_\_\_\_\_

By signing, I confirm I attended this toolbox talk and understood it.

| Name (print) | Company | Signature | Time |
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Keep this record with your site's training and briefing records.