TOOLBOX TALK

COLD WEATHER WORKING and HAT COMPLIANCE

HOW TO STAY SAFE:

Wear the right gloves for the work you are doing. Gloves should have enough insulation to keep you warm and prevent frostbite but be thin enough so you can feel what you are doing if you are manipulating controls or tools. Gloves which are too thick can also make your hands and wrists work too hard trying to hold on to objects, causing repetitive strain injury.

Dress in layers of light-weight clothing which keep you warmer than a single layer of heavy clothes. Remove layers as necessary to prevent overheating and perspiring which can lead to chills.

Wear a hat and you'll stay much warmer when working in cold conditions. As much as half your body heat can go up in steam off the top of a bare head.

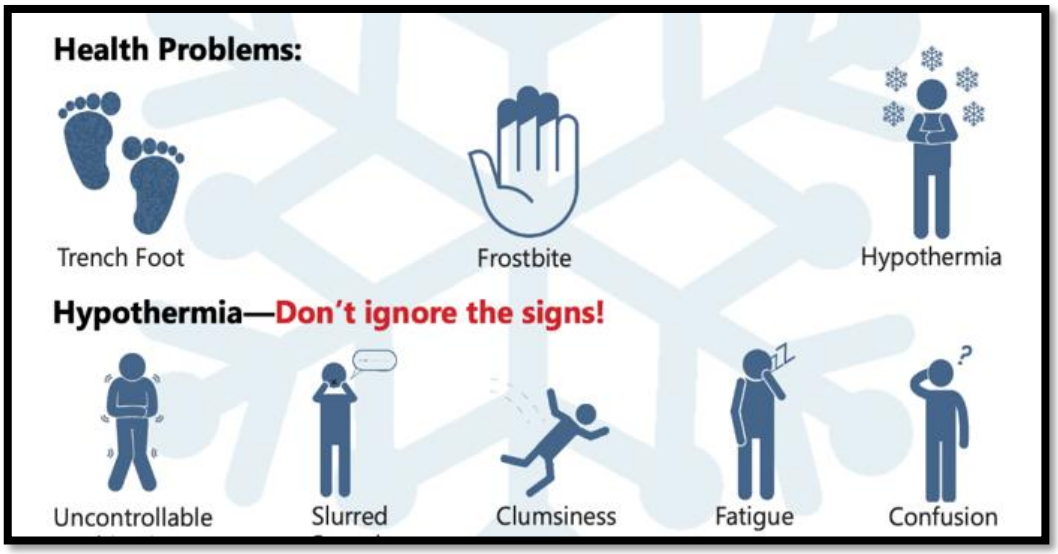
DO NOT WEAR HOODIES UNDER HARD HAT.

Check any clothing you wear for entanglement hazards such as loose sleeves, dangling drawstrings, hoods etc.

Ensure your safety eyewear doesn't fog up in the cold. If you must keep taking off your safety eyewear because it fogs up, it isn't protecting you.

Your safety shoes or boots should have adequate tread to prevent slips and falls. Slow down when walking across slippery surfaces and be especially careful on ladders.

ensure that your layers don't interfere with your PPE



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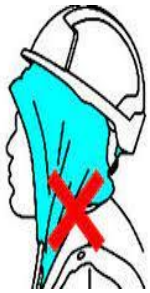
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Why is it bad to wear a hoody or beanie under a safety helmet?

By wearing a hoody/beanie (or other winter hat) under your safety helmet, you are interfering with the fit of the harness. Wearing anything underneath the helmet means that it cannot be fitted, adjusted or worn to the manufacturer's safety requirements, putting yourself and others in danger.



This image shows a hard hat falling, the result of wearing a hoody under it meant it did not fit correctly and fell off – imagine you were under this when it fell…. Not to mention he is now not wearing correct PPE.



What can we safely wear to keep our heads warm on site? The advice is, that best practice would be to only use manufacturer approved head warmers under your safety helmet. This will ensure you receive the best possible fit for your safety helmet without compromising on safety.

