



# United Safety Net

[www.UnitedSafetyNet.com](http://www.UnitedSafetyNet.com) - 978.767.0630



## SAFETY MEETING - ENGLISH COLD WEATHER

### COLD WEATHER

1. Wear clothes meant for cold, wet, and windy conditions.
2. Dress in loose-fitting layers to adapt to changing temperatures.
3. Wear a hat, socks, shoes, gloves, and outerwear that will keep you dry.
4. Work in pairs so that you and your coworker can spot danger signs in each other.
5. Drink plenty of warm, sweet beverages (sugar water, sports drinks) but avoid caffeine (in coffee, tea, sodas, or hot chocolate) and alcohol.
6. Take breaks often, in a heated area, to warm up.
7. Get medical help right away if you or another worker has symptoms of hypothermia:
  - Shivering
  - Fatigue
  - Loss of coordination
  - Confusion or disorientation.
8. You are at higher risk if you take certain medications, are in poor physical condition, or suffer from illnesses such as diabetes, hypertension, or cardiovascular

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Time: \_\_\_\_\_ / \_\_\_\_\_ AM - PM

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

### Attendees:

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