



HEALTH, SAFETY &
ENVIRONMENTAL MANUAL

5.4.17.2 Safe Work Procedure – Thermal Hazards – Cold

Initial HIRA Score: **10** Residual HIRA Score: **5** Critical Task: **No**

Program: **4.17**

Revision Number: **R0**

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SAFE WORK PROCEDURES

Employees shall follow these guidelines

- Work can be paced to avoid excessive sweating.
- Clothing should be worn in multiple layers and kept dry and clean as possible.
- For work in wet conditions, the outer layer of clothing is recommended to be waterproof.
- Almost 50 percent of body heat is lost through the head. A wool knit cap or a liner under a hard hat can reduce excessive heat loss.
- Gloves should be used below -7°C for moderate work. For work below -17°C, thin polyester gloves should be worn under protective gloves.
- Have extra socks available so you can dry your feet and change socks during the day.
- Face protection, a balaclava or hard hat liner can be used.
- Eat properly and frequently. Working in the cold requires more energy than in warm weather.
- Drink fluids often. Hot non-alcoholic beverages or soup are suggested. Caffeinated drinks such as coffee should be limited.
- Alcohol must not be consumed as it impairs the body's ability to regulate temperature.
- Any worker shivering severely must come out of the cold.
- If you get hot, open your jacket but keep hats and gloves on.
- Wear one thick or two thin pairs of socks. Don't restrict blood flow with tight fitting footwear.

Hypothermia – First Aid

- Carefully move person to shelter. Sudden movements can upset heart rhythm.
- Keep person awake.
- Remove wet clothing and wrap person in warm covers.
- Re-warm neck, chest, abdomen, and groin. Do not re-warm extremities.
- Apply direct body heat or use safe heating devices.
- Give warm, sweet drinks, but only if conscious.
- Administer CPR if necessary.
- Call for emergency medical help or transport person carefully to hospital.

Frost Bite – First Aid

- Warm frostbitten area gradually with body heat. Do not rub.
- Don't thaw hands or feet unless medical aid is distant and there is no chance of refreezing. Parts are better thawed at hospital.
- Apply sterile dressings to blistered areas.
- Get medical attention.



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SAFE WORK PROCEDURES

Initial HIRA Score	Associated Task	Hazards	Controls	Residual HIRA Score
10	Thermal Hazards	<ul style="list-style-type: none"> Heat stress and related illness Cold stress and related illness Property damage Slip, Trip, Fall 	<ul style="list-style-type: none"> Consult J-AAR's hot and cold weather policies Ensure trenches are adequately dewatered in the winter/fall Keep clothing and PPE in good condition and as dry as possible Wear PPE and clothing appropriate for the conditions Ensure equipment is kept as clean as possible to avoid build up of ice/mud on the access treads Keep/ensure the constructor keeps all areas of access and egress clear of snow and ice 	5