01-26-2026 ToolBox Talk – Wind Chill Index/Cold Weather Safety

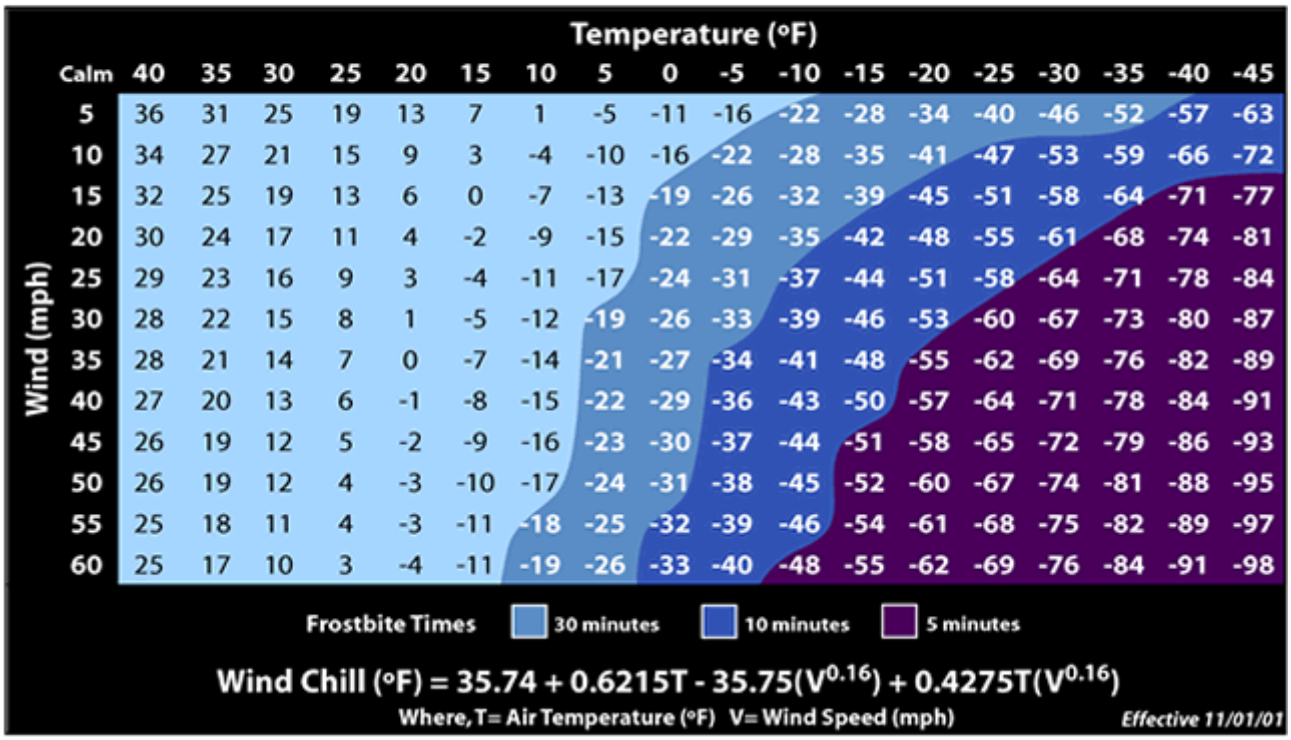
01-26-2026 ToolBox Talk – Wind Chill Index/Cold Weather Safety

Cold weather poses many hazards for those individuals who are required to be exposed to it during their work. The winter months bring the possibility of additional workplace injuries and illnesses. Some direct consequences of being exposed to cold environments include frostbite, trench foot, and hypothermia. One factor to consider when working in a cold-weather environment is the effect wind speed has on the temperature on the body.

Wind Chill Index

The presence of wind in an already cold environment can pose a deadly combination. It is important to realize the effect wind has when paired with cold temperatures. For example, if it is 10 degrees Fahrenheit outside and there are also 20 MPH winds present, the temperature feels like -9 degrees Fahrenheit to the body. Because of the danger wind poses in cold weather, the National Weather Service will often issue wind chill advisories and warnings when a deadly combination of wind and cold air threaten an area.

Wind Chill Chart



Best Practices to Avoid Cold Stress-Related Health Hazards:

- Eliminate or limit work as much as possible when extremely cold temperatures are present.
- Allow for acclimatization to cold environments or weather. If the weather is extremely cold for the area or time of year, you will not yet be used to it and are more susceptible to succumbing to a cold-related illness.
- Layer up on clothing and keep clothes dry. It is important to remove any wet clothing or boots and put on dry items when working in a cold environment.
- Take breaks in warm areas or vehicles as needed.
- Drink warm beverages to help warm up your core temperature.
- Monitor the condition of other workers around you. If you notice something could be wrong, get them into a warm area and notify a supervisor.

Summary:

Cold weather brings additional hazards for workers who are exposed to colder temperatures. Winds can create a dangerous situation in cold weather climates. Follow best practices when working in cold weather environments to lessen the chance of becoming a victim of frostbite, trench foot, or hypothermia.

By Clicking "Mark as Read" - you are acknowledging you have read this entire (opened appropriate attachments) ToolBox Talk and understand this is company policy and will abide by regulations outlined in this safety policy. Please complete your acknowledgement within 24 hours of release. If you are receiving this notice, you are REQUIRED to read this content.

Revision #1
Created 2026-01-23 15:11:14 UTC by Blain Schumacher
Updated 2026-01-23 15:12:14 UTC by Blain Schumacher