



an Air Liquide company

Winter Weather Awareness

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Winter Weather Overview

Outdoor work requires proper preparation, especially in severe winter weather conditions.

Section 5(a)(1) of the
Occupational Safety and Health
Act of 1970



Cold Stress

Employers should train workers to recognize the symptoms of cold stress, and strive to prevent cold stress injuries and illnesses.



Engineering Controls

Engineering controls can be effective in reducing the risk of cold stress.

- Radiant heaters may be used to warm workplaces like outdoor security stations
- Shield work areas from drafts or wind to reduce wind chill
- Aerial lifts or ladders can be used for safely applying de-icing materials to roofs



Implementation of Safe Work Practices

Safe work practices protect workers from injuries, illnesses, and potential fatalities.



Cold Weather Clothing Selection

Employers must provide personal protective equipment (PPE) when required by OSHA standards to protect workers' safety and health.

However, in limited cases specified in the standard (29 CFR 1910.132), there are exceptions.

There is no OSHA requirement for employers to provide workers with ordinary clothing, skin creams, or other items, used solely for protection from weather, such as winter coats, jackets, gloves, parkas, rubber boots, hats, raincoats, ordinary sunglasses, and sunscreen (29 CFR 1910.132(h)(4)).

Learn more about PPE requirements and how to design an effective PPE program: [Personal Protective Equipment](#) (OSHA Safety and Health Topics Page).

Cold Weather Clothing Selection

When cold environments or temperatures cannot be avoided:

- Layering provides better insulation
 - Inner layer: wool, silk or synthetic material to keep moisture away
 - Middle layer: wool or synthetic material provides insulation even when wet
 - Outer wind and rain protection layer: allows ventilation to prevent overheating
- Tight clothing reduces blood circulation - warm blood needs to be circulated to the extremities
- Insulated coat/jacket
- Knit mask to cover face and mouth
- Hat that will cover your ears as well. A hat will help keep your whole body warmer - they reduce the amount of body heat that escapes from your head
- Insulated gloves
- Insulated and waterproof boots

Safety Tips for Workers

Your employer should ensure that you know the symptoms of cold stress.

- Monitor your physical condition and that of your coworkers
- Dress appropriately for the cold
- Stay dry - moisture or dampness, e.g. from sweating, can increase the rate of heat loss from the body
- Keep extra clothing handy in case you get wet and need to change
- Drink warm, sweetened fluids (no alcohol)
- Use proper engineering controls, safe work practices, and personal protective equipment (PPE) provided by your employer

Cold Weather Products Available at Airgas

- Outerwear
- Head Coverings
- Hand Protection
- Foot Protection





Thank you!

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Additional Resources:

[Airgas Winter Collection](#)
[OSHA](#)