

Talk Lead By: _____ Date: _____

Site/Location: _____ Time: _____

Weather Report/Conditions:

_____ High: _____ °C Wind Speed: _____ km/hr
_____ Low: _____ °C Wind Gusts: _____ km/hr

Things To Remember About Extreme Cold

Alberta has a severe winter climate which includes extreme cold weather conditions that can affect someone's health. What is problematic is that everyone has a different idea about what extreme cold is and even if everyone agrees that it is extremely cold, there may still be jobs that need to be done outdoors. Remember this information the next time you are planning to work outdoors in the extreme cold.

The wind can make already cold temperatures feel colder; this is called wind chill.

- Generally speaking, the risk of windburn and frostbite increase at wind chill values below -27°C.
- Wind chill causes the body to lose heat quickly and skin to freeze very fast.

Who is at risk in extreme cold temperatures?

- Anyone working outdoors
- Anyone who is outdoors and not dressed appropriately for the conditions
- Individuals with certain medical conditions (i.e., diabetes, poor blood circulation, and diseases affecting the blood vessels)
- Anyone taking certain types of medications (i.e., beta blockers) or who has consumed alcohol
- Small children, infants, and seniors (65 years and older)

Ways to reduce your risk when working in extreme cold

- Only work in the extreme cold if it is absolutely necessary.
- Wear appropriate clothing made of synthetic and wool fabrics. Some synthetic fabrics keep perspiration away from your body which keep you dry and further reduce your risk.
- Dress in layers with a wind resistant outer layer. You can remove layers if you get too warm (before you start sweating), add layers if you get cold, and wear a wind resistant outer layer.
- Wear warm socks, gloves, a hat and scarf or balaclava in cold weather. Keeping your nosed covered will help protect it.
- Keep your clothing dry; if you get wet, change into dry clothing as soon as possible as it will cause you to loose heat faster.
- Keep moving (especially your hands and feet) to keep your blood flowing and maintain your body heat.
- Do not drink alcohol before you go out into the cold as it may increase your risk of hypothermia. Alcohol increases blood flow to the extremities of the body, which may result in you feeling warm and not recognizing that you are losing heat.



Additional Topics/Discussion:

Might include task/job details, hazards and hazard controls, worksite specific emergency response, etc.

Attendance:

Print Name	Position/Trade/Company	Sign Name
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Source: Government of Canada. (2013 January). *Extreme Cold*. [www.canada.ca](https://www.canada.ca/en/health-canada/services/healthy-living/your-health/environment/extreme-cold.html). Accessed November 11, 2022 from <https://www.canada.ca/en/health-canada/services/healthy-living/your-health/environment/extreme-cold.html>