

Job site: _____
Foreman: _____

Date: _____
G.C. _____

SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	Effects of Cold Weather		Instructor Tips		
	<ul style="list-style-type: none"> • Sheet metal workers are often exposed to cold weather conditions, especially during the winter months, increasing their exposure to frostbite and hypothermia. • The body's ability to generate heat and to limit heat loss is quite limited in cold temperatures. The body uses the core (internal organs such as the brain and heart) and the shell (the skin, muscles, and limbs) to regulate heat. • Frostbite occurs when exposed flesh (shell) becomes frozen. Ice crystals form in the soft tissues due to over-exposure to cold. These ice crystals cause the skin to rupture, killing the cells. The most common areas affected are nose, ears, toes, and fingers. • The symptoms of frostbite are slightly flushed skin, white or grayish yellow skin, and bluish gray skin. Pain is usually felt at first, but may go away. • Hypothermia is a drop in core body temperature below 98.6° from exposure to a cold environment. Hypothermia can even occur at mild temperatures if exposure is prolonged. Symptoms of hypothermia include shivering, inflexibility, lethargy, and fatigue with the need for sleep, slowed breathing and heartbeat, slurred speech, loss of coordination, cold and pale skin, and loss of consciousness at lower temperatures. Death may occur if hypothermia is not treated in time. • The most important preventive measure when fighting the cold is dressing properly. Staying dry is as important as staying warm. Wear an outer layer made of wind- and moisture-resistant material. • Dress in light layers so you can remove clothes when you're hot and put them back on when you get cold. Cover as much skin as possible. • If you begin to shiver uncontrollably, or a body part begins to hurt, get out of the cold immediately. Warm up, and then return to work. 		<ul style="list-style-type: none"> • Point out that wind chill is a more accurate indication of danger than temperature. • Emphasize to workers to take extra care with fingers and toes by wearing an extra pair of inner gloves or an extra pair of socks with boots. • Remind workers that wearing a hat reduces body heat loss. 		
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Reference: SMOHIT Environmental Exposure Chart