

Tool Box Safety Talk

by Belinda Browning

Location: _____ Supervisor: _____

Date: _____ Time: _____ Duration: _____

HYPOTHERMIA – The Unseen Enemy

1. What Is Hypothermia?

Lower than normal body temperature. Hypothermia occurs when your body loses more heat than it can generate.

2. What causes hypothermia?

Not wearing sufficient protective clothing when working outside can lead to hypothermia.

Wearing wet or damp clothing while working outside can also lead to hypothermia.

Insufficient hydration (not drinking enough liquids) can lead to hypothermia. NOTE: Studies show that persons who are under the influence of alcohol are more susceptible to hypothermia.

You can get hypothermia by working when you are overly tired or by working in damp and/or windy conditions. REMEMBER: Anyone working outside is subject to hypothermia.

3. What Are Hypothermia's Symptoms?

Weakness

Loss of coordination

Confusion

Drowsiness

Cold or pales skin

Uncontrollable shivering

Slowed heart rate

Slowed breathing rate

4. How Can You Prevent Hypothermia?

Dress warmly in layers of clothing.

Choose fabrics that dry quickly and allow air to move through.

Wear clean clothing – dirty clothing does not insulate, and does not “breathe” (allow air movement and evaporation).

Stay dry - wear waterproof and insulated boots; change your socks and shoes/boots when they get wet.

Keep hands warm and dry; wear gloves and/or glove liners.

Keep ears and head covered; wear a winter liner with your hard hat.

Move indoors and warm up when your fingers and toes feel cold.

Remember: Wind chill will affect the body's response to cold and increase the danger of hypothermia.

5. Do you use portable heaters to stay warm? (Kerosene, Propane, Electric)

Some Common Hazards:

Carbon monoxide poisoning

Explosion

Fire

Hot surface

Heat sources capable of producing combustion shall be separated from combustible materials if a fire hazard could be created.

Ensure the shut off valves are working.

Ensure all combustible materials and chemicals are properly labeled.

Ensure materials are not piled/stored around the heater.

If tanks are used, secure them.

Attendees:

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Employee Comments: