

COLD WEATHER - DAILY PLANNING CHECKLIST

Knowledgeable Person

- For high and very high/extreme wind chill index risk levels, is there a knowledgeable person at the work site who is well informed about cold-related illness, able to determine and enforce appropriate work/rest schedules, and can conduct physiological monitoring as necessary?

Training

Do workers know the:

- Common signs and symptoms of heat-related illness(es)?
- Proper precautions to prevent heat-related illness?
- Importance of acclimation?
- Importance of frequent hydration (even if they are not thirsty)?
- Measures to take if someone is exhibiting signs and/or symptoms of heat-related illness?

Emergencies

- Is everyone aware of who to contact in event of emergency?
- Can workers provide location if they need to call emergency services?
- Is a first-aid provider identified and available?

Warming Area/Shelter

- Are shelters and heaters available for breaks and if workers need to recover?

Worker Reminders

- Hydrate frequently
- Maintain caloric intake (eat small frequent high-calorie meals and snacks)
- Take frequent warming breaks in a warm area out of the wind and cold
- Report heat-related signs and symptoms early

Other

This checklist is part of the FCA Safety Manual, which is available to all signatory contractors through their FCA membership. If your company has not yet done so, [click here to request your safety manual](#).