



The
UNIVERSITY
of **VERMONT**

Physical Plant Department
SAFETY SHORT

WORKSAFE

WORKING IN THE COLD

KEEP WARM – Protect Yourself

- Monitor your physical condition and that of your coworkers.
- Wear appropriate clothing.
 - Wear several layers of loose clothing for insulation.
 - Use water-repellent, wind resistant outer clothing.
 - Tight clothing reduces blood circulation to the extremities.
- Protect the ears, face, hands and feet in extremely cold or wet weather.
 - Boots should be waterproof and insulated.
 - Wear a hat to reduce the loss of body heat from your head.
- Move into warm locations during breaks; limit the amount of time outside.
- Carry extra socks, gloves hats, jacket, blankets, a change of clothes and a thermos of hot liquid.
- Include chemical hot packs in your first aid kit.
- Avoid touching cold metal surfaces with bare skin.
- TCO can be reached at tco@uvm.edu or 6-SAFE for assistance

This Safety Short is to remind us all we have a role to play in keeping UVM safe!