How to reduce the risks of hypothermia

Hypothermia can happen even on a mild winter's day or on a damp day in fall or spring. Proper clothing and adequate insulation work together to trap the warm air around the body. The basic principle for preventing hypothermia is to stay warm and dry and be prepared for a sudden emergency.

Guidelines that work

- **Wear warm head covering.** Most body heat is lost through the head.
- **Wear layered clothing.** Layers allow warm air to stay trapped but do not trap perspiration next to the skin. The first layer of clothing should allow the skin to breathe by allowing sweat to escape. Underwear, socks, and glove liners made of polypropylene or knitted silk allow sweat to escape from next to the skin.
- **The second layer of insulating clothing should be one that absorbs perspiration but does not allow heat to escape.** Wool is an ideal fabric because it will stay warm even when wet.
- **The third layer of clothing should also trap body heat as well as keep water or dampness out.** Quilted coats filled with down or one of the new lightweight micro-fibres that trap heat are ideal, provided they are waterproof.
- **Drink plenty of non-alcoholic fluids.** Doing this will help prevent dehydration and exhaustion, which can lead to hypothermia. Heated drinks can be helpful, but limit your intake of coffee and tea.
- **Pace yourself during vigorous activity.** Take regular breaks to get away from the cold environment.
- **When possible, heat the working environment.** For instance, heated cabs or shelters help protect construction workers from cold and damp environments.

Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Other safety issues or suggestions made by crew members:

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Record of those attending:

Name: (please print)	Signature:	Company:
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Manager's remarks: _____

_____

Manager: _____ Supervisor: _____

(signature) *(signature)*

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