



**SAFETY AND
HEALTH ARE
VALUES!**

Stakeholders Best Practices Tailgate Health Meeting Series

"Cold Weather Hazards"

In some areas of the country, temperatures can drop dramatically in a very short time. Preparation for cold weather is as important as protection from cold weather.

Best Practices:

- Be aware, stay informed, monitor weather forecasts.
- Dress appropriately to maintain body temperature:
 - ✓ Wear loose fitting layers of clothing.
 - ✓ Use water resistant protection to keep dry.
 - ✓ Assure clothing allows for venting of perspiration.
 - ✓ Use an outer shell of windproof material.
 - ✓ Keep a spare set of clothes available.

		WIND CHILL FACTOR CHART									
		ACTUAL TEMPERATURE READING									
W I N D S P E E D in m. p. h.		50F	40F	30F	20F	10F	0F	-10F	-20F	-30F	-40F
	Calm	50	40	30	20	10	0	-10	-20	-30	-40
	5	48	37	27	16	6	-5	-15	-26	-36	-47
	10	40	28	16	4	-9	-21	-33	-46	-58	-70
	15	36	22	9	-5	-18	-36	-45	-58	-72	-85
	20	32	18	4	-10	-25	-39	-53	-67	-82	-96
	25	30	16	0	-15	-29	-44	-59	-74	-88	-104
	30	28	13	-2	-18	-33	-48	-63	-79	-94	-109
	35	27	11	-4	-20	-35	-49	-67	-82	-98	-113
	40	26	10	-6	-21	-37	-53	-69	-85	-100	-116
		NO WORK RESTRICTIONS Little potential danger (for properly clothed person)				RESTRICTED WORK Increasing Potential Danger (Danger from freezing of exposed flesh)			RESTRICTED WORK Great Potential Danger		

Note: Wind speed over 40 mph has little added effect.

- Wear an insulated hard hat liner. (70% of body heat is lost through the head).
- Protect feet and hands. Insulated gloves and two pairs of socks can save cold extremities and protect from frostbite.
- Restrict exposure time when temperatures approach 0° F or a wind chill factor of -22° F or lower (See chart).

Developed in cooperation with:

Eagle Butte Mine, Foundation Coal West Inc., Campbell County, Wyoming (Team Leader)
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