



## SEVERE WEATHER SAFE WORK PRACTICES

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OH&S CODE PART 1 DEFINITIONS: "HAZARD"

Outdoor work has its own hazards unlike work indoors. Severe winds & tornadoes that can be a hazard to those outdoors as well as indoors. Injury or fatality can take place, due to extreme temperatures, lightning, wind and precipitation and can make working outdoors, like landscaping and construction work demanding of attention and what to do beforehand not when it happens. This SWP prepares those who work outside with the "what to do" gained from the experience of others. Know the weather forecast before arriving at the work site and look over the site to determine what you might do if an emergency situation arises. Be prepared for weather changes.

### EXTREME HEAT AND COLD

- The greatest danger in working in extreme heat is dehydration.
- The best way to combat this is to consume 1-2 cups of water per hour, even when not thirsty.
- AVOID sugar drinks, caffeine and alcohol. Take frequent rest breaks and keep skin dry by wearing insulated or cool clothing that allows air flow.
- Hypothermia and frostbite are the dangers of working in the extreme cold.
- Warning signs of frostbite are inflammation of the skin accompanied by slight pain.
- To avoid this, dress in appropriate layers of clothing and drink warm sugary drinks and soups to prevent dehydration.

### SEVERE WINDS/TORNADOES

- Most fatalities and injuries from wind come by being hit by flying debris.
- Leave PPE on
- Do not get into a vehicle
- Seek a low point like a ditch or hollow.
- If the forecast suggests the possibility of winds or tornado know where to go before it happens.
- Get face down and cover your head with your hands

### LIGHTNING

#### **WHEN THUNDER ROARS, GO INDOORS!**

**30/30 Rule:** If you can count 30 seconds or less between the thunder and lightning, seek shelter immediately.

Remain indoors for 30 minutes after the last clap of thunder.



Stay away from trees and tall objects and all metal objects. Better wet than dead!

Seek shelter in a building with plumbing and electricity or in a metal roofed vehicle with windows rolled up (keep away from the steering wheel or anything connected to the frame of the vehicle).

#### RAIN & SNOW

Broken bones, concussions, scrapes and bruises which can happen on the driest days become more of a possibility with wet conditions.

Field Level Hazard Assessments need to record this and awareness of conditions should be priority.

Be especially aware of melted snow or rain which can freeze overnight.

What can be an injury that would incapacitate someone for a temporary period can be more serious to those who disregard these conditions when driving including permanent disability or death.

#### RELATED DOCUMENTATION.

Scaffolds HAA & SWP

Snow Removal HAA & SWP

Working Alone HAA & SWP

Roofing HAA & SWP

String Trimmer HAA & SWP

Leaf Blower HAA & SWP

Ladders HAA & SWP