



WASHINGTON STATE LOGGER SAFETY INITIATIVE

Keeping Washington loggers safe.

Washington winters are cold and wet. This time of year, loggers may be exposed to specific hazards associated with working in cold environments. Employers can help prevent cold related injuries and illnesses by making sure workers:

- Receive training on recognizing and treating cold-related injuries and illnesses
- Wear appropriate clothing - several layers of loose clothing provide the best insulation
- Protect the head, face, ears, hands and feet from cold
- Take frequent breaks in areas out of the cold

The links below provide more information to keep employees safe in winter weather.

A card about protecting workers from Cold Stress from the National Institute for Occupational Safety and Health (NIOSH):

<http://www.cdc.gov/niosh/docs/2010-115/pdfs/2010-115.pdf>

A DOSH toolbox talk about dressing for winter work:

<http://www.lni.wa.gov/Safety/Topics/AtoZ/ToolBoxTalks/PDFs/DressWinterWork.pdf>

An online training program from L&I about working in cold environments:

http://www.lni.wa.gov/safety/trainingprevention/online/courseinfo.asp?P_ID=154