

Beautiful Eastern Association of Snowmobile Trails



Safe Operating Procedures

SOP - 1: EXTREME TEMPERATURES

It is important to follow this SOP to ensure hazards associated with extreme temperatures are reduced or eliminated. The following hazards or injuries can occur when working in extreme temperatures:

- Hypothermia
- Frostbite
- Decreased awareness of hazardous conditions

Safe Operating Procedure

- Check weather before heading out (pay particular attention to wind-chill)
- Avoid sitting or standing in the cold for long periods of time
- Avoid making contact with freezing objects without appropriate PPE (Personal Protective Equipment)
- Take regular warm-up breaks
- Work in pairs, especially in isolated areas
- If you have a medical risk factor that would decrease your tolerance for cold you should alert co-workers and supervisors as well as minimize your exposure to the cold
- Eat high-calorie food
- Avoid working while very hungry.
- Have additional high energy food available while working outdoors
- Drink warm, sweet drinks and soup (excluding coffee, which dehydrates and increases blood flow to extremities)
- Avoid sweating, wet clothes in windy weather will quickly cool the body
- Wear appropriate clothing:
 - Wear multiple layers of loose-fitting clothes designed for cold, outdoor work.
 - Wear a warm hat with ear covering (40% of body heat can be lost from an uncovered head)
 - Carry an extra pair of woolen or equivalent socks.
 - Change into dry socks if your feet get wet

- In the event of Frostbite as characterized by pain in area, skin turning white followed by numbness:
 - Move to a warm place
 - Gently apply a warm hand to the area.
 - Do NOT massage area
 - If hands are affected, place in luke warm area (37 degrees Celsius, do not use hot water)
 - Do NOT break any blisters that have formed due to frostbite
 - Get immediate medical attention ○ Report incident to supervisor
- In the event of hypothermia, characterized by: sever shivering, blue lips and fingertips, slurred speech, impaired judgment and poor coordination:
 - If the person is wet, get them into dry clothes
 - Find a warm shelter as soon as possible, help the person get there if required
 - Use a blanket and direct body heat to warm the person if necessary
 - Do NOT immerse them in hot water or a hot shower, this may cause rewarming shock which can be fatal
 - Never give the conscious patient alcohol, instead provide a warm (not hot) drink in small quantities
 - Keep the victim warm and still. Avoid having them walk, climb or lift. Doing this may cause heart failure and death in a hypothermia victim