



## TEN TIPS FOR KEEPING SAFE AND WARM WHEN WORKING IN COLD WEATHER

Linemen should avoid exposure to extremely cold temperatures when possible. When cold environments or temperatures can not be avoided, linemen should follow these recommendations from the Centers for Disease Control and Prevention to protect themselves from cold stress:

1. Wear several layers of loose clothing. Layering provides better insulation.
2. Tight clothing reduces blood circulation. Warm blood needs to be circulated to the extremities.
3. When choosing clothing, be aware that some clothing may restrict movement resulting in a hazardous situation.
4. Boots should be waterproof and insulated.
5. Wear a hat; it will keep your whole body warmer. (Hats reduce the amount of body heat that escapes from your head.)
6. Move into warm locations during work breaks; limit the amount of time outside on extremely cold days.
7. Carry cold weather gear, such as extra socks, gloves, hats, jacket, blankets, a change of clothes and a thermos of hot liquid.
8. Include a thermometer and chemical hot packs in your first aid kit.
9. Avoid touching cold metal surfaces with bare skin.
10. Monitor your physical condition and that of your coworkers.

### More About The Missouri Valley Constructors Apprenticeship & Training Program:

The apprenticeship program based in Indianola, Iowa, is one of seven locations operated by the organization. The others are in the states of Minnesota, Missouri, Nebraska, North Dakota, South Dakota and Wisconsin. The Iowa program occupies a training facility, which includes an outdoor pole yard. The Iowa program trains thousands of apprentice linemen each year.

**For additional information, or to schedule a visit to our training facilities, contact**  
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