

Toolbox Talk

Cold Store Environment



What?

- J & E Hall International's engineers are required to work in clients Freezer or Cold Store
- The extreme temperatures can present you with very specific hazards to your health while other hazards include slips on ice, working at height and moving vehicles including fork lift trucks

Why?

- Too much exposure to cold can cause the body to limit the blood supply to the extremities to keep the core body warm
- This can lead to chilblains, Raynaud's disease, and white finger
- Frostbite and permanent damage to the areas affected is a risk, as is fatigue since the body uses up energy to keep warm
- There is also an increased risk of accidents due to numb fingers, obstruction by protective clothing, and slipping on ice
- Extreme cold for long periods can lead to hypothermia, loss of consciousness, and eventually coma and the heart stopping
- People working in cold stores should be physically fit for work
- Pre-existing medical conditions; cold exposure can be a trigger for certain diseases and aggravate the systems of prevailing chronic diseases



Medical conditions; that are likely to be adversely affected by the low temperatures include; asthma or other respiratory conditions, cardiovascular and circulatory conditions such as angina, hand-arm vibration syndrome, arthritis, musculoskeletal diseases, skin diseases, metabolic disorders e.g. thyroid.

You must inform your manager if you have or develop any of these medical conditions

Do



- ✓ Wear the correct PPE Clothing & Footwear
- ✓ Pay attention! Cold hands and feet indicate a drop in body temperature
- ✓ Get out of the cold if you experience extreme drowsiness, loss of balance, extreme shivering or slower than normal breathing, as these are early signs of hypothermia.
- ✓ Inform your supervisor / manager if your general health changes
- ✓ Be aware of your working environment
- ✓ Take suitable and sufficient breaks
- ✓ Drink lots of water and cut down on tea and coffee as they caffeine which acts as a diuretic and can dehydrate you. Instead, drink water, soup or hot chocolate

Don't



- ✗ Use damaged or faulty clothing
- ✗ Wear clothing that is too small or too tight as this restricts blood flow, preventing warmblood entering your extremities.
- ✗ Touch cold metal or objects and surfaces with bare hands or skin
- ✗ Work with naked hands except in case of a valid technical reason