

# SELF-AUDIT EXAMPLE

Each item on the Audit Sheet **MUST** be in your safety program. You will need to enter, onto the form, the identifying location (page and paragraph or line number) of each item on the Audit Sheet and highlight what you referenced on the audit sheet in your safety programs.

## AUDIT SHEET

NORTH DAKOTA SAFETY COUNCIL, INC. - PROGRAM EVALUATION FORM

CONTRACTOR NAME: \_\_\_\_\_

DATE: 6/28/2022

### Cold Stress

ITEM NO.	CITATION REFERENCE	DESCRIPTION	Y	N	GUIDANCE / INSTRUCTIONS
Cold Stress					
1	General Duty Clause (OSH Act of 1970)	Does the employer provide guidance on explaining and identifying Cold Stress			It is the employers responsibility to provide employees with a place of employment free from recognized hazards that are causing or likely to cause death or serious harm to employees.

Comments / Location: Page 55, Paragraph 5

## SAFETY PROGRAM

### COLD WEATHER SAFETY/COLD STRESS

Anyone working in a cold environment may be at risk of cold stress. The following frequently asked questions will help workers understand what cold stress is, how it may affect their health and safety, and how it can be prevented.

What constitutes extreme cold and its effects can vary across different areas of the country. In regions that are not used to winter weather, near freezing temperatures are considered "extreme cold." A cold environment forces the body to work harder to maintain its temperature. Whenever temperatures drop below normal and wind speeds increase, heat can leave your body more rapidly.

Wind chill is the comparative rate when air temperature and wind speed are combined. For example, when the air temperature is 40°F, and the wind speed is 35 mph, the effect on the exposed skin is as if the air temperature was 28°F.

Cold stress occurs by driving down the skin temperature and eventually the internal body temperature (core temperature). This may lead to serious health problems and may cause tissue damage, and possibly death.

Workers exposed to cold should receive initial and annual training regarding the health effects of cold exposure, proper re-warming procedures, recognition and first aid for frostbite and hypothermia, required protective clothing, proper use of warming shelters, the buddy system, vehicle breakdown procedures, and proper eating and drinking habits for working in the cold.