



Weather - Personal Injury

- ☛ In some northern climates you may be working in dangerously cold temperatures.
 - Dress warmly by layering clothing.
 - Protect your head, hands and feet.
 - Be alert for signs of frostnip - tingling, burning, numbness - that could lead to frostbite.
 - Be aware of frozen surfaces where it might be slippery, especially at the roof edge and on steep-slope roofs.

- ☛ During the summer months, and year-round in some southern climates, temperatures can hover in the 90's and the 100's.
 - Light colored clothing and a hat with a brim will help to protect you from harmful UV rays, and will actually keep you cooler than if you didn't wear a hat or shirt.
 - Take frequent breaks and drink lots of water.
 - If you get cramps or feel exhausted, seek shade or air-conditioning.
 - If you note signs of heat stroke - dry, red skin and strange behavior - in any of your co-workers, get them cooled down immediately and call an ambulance.
 - Avoid caffeine and alcohol the night before a hot day.

- ☛ Summer brings not only high temperatures, but also thunderstorms.
 - Keep tabs on the weather forecast and be prepared to quickly secure the job site and evacuate the roof.
 - High winds, rain, and hail will make traversing the roof and climbing the ladder very dangerous.
 - Lightning strikes are often fatal.

One of the benefits of roofing work is that you get to work outside, but it can also be one of the drawbacks. Temperatures that are extremely high or low can have major effects on your body's temperature regulation system, and adverse conditions can make the work site potentially dangerous. Enjoy the fact that you work outdoors, and take precautions so that you can even enjoy the days that are particularly hot or cold.

Weather - Personal Injury Training Tips

- Explain the company policy for dealing with hot days, or the policy about taking extra breaks, etc.
- Share any company history with weather problems.
- Ask the following questions:
 - Under what circumstances should the roof be evacuated?
 - What should you do if a coworker shows signs of heat stroke?