Cold Stress Prevention Checklist

A cold stress prevention checklist for farm crews working outdoors in winter, covering clothing, warm-up breaks, equipment checks, and warning signs of frostbite and hypothermia.

Farm / unit: _____ Date: _____ By: _____

ITEM	OK	FIX	N/A
Layered clothing available	☐	☐	☐
Insulated gloves and boots	☐	☐	☐
Warm break area	☐	☐	☐
Warm drinks available	☐	☐	☐
Working in pairs	☐	☐	☐
Slippery surfaces treated	☐	☐	☐
Vehicles stocked with blankets	☐	☐	☐
Signs of frostbite reviewed	☐	☐	☐
Weather alerts monitored	☐	☐	☐

NOTES / REPAIRS NEEDED

TIP Plan outdoor tasks for the warmest part of the day when possible, and bring cold-stressed workers inside promptly.