

Jobsite: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_  
G.C. \_\_\_\_\_

**SMOHIT Body Maintenance**  
Toolbox Talks for the Sheet Metal Industry

### Extreme Climates

- Extreme climate problems can be caused by working in extremely hot and cold environments, and working with tools, equipment, and mechanical devices that generate heat or coldness.
- Ergonomically sound methods to counter extreme climates include:
  - Increasing or decreasing the air temperature, if possible.
  - Wearing appropriate clothing.
  - Wearing protective gloves.
  - Drinking plenty of fluids.
  - Controlling exposure through crew rotations.
- In cold weather, warm-up exercises may help reduce the risk of muscle strain.
- When it is hot, heavy physical work can quickly lead to fatigue.
  - Set a comfortable work pace and drink plenty of fluids.
- If practical and safe, fans and heaters can be used to moderate extremes in temperatures.
- Weather enclosures can be used in some work environments, such as on work platforms and other types of scaffolds.
  - Be sure that a qualified person assesses the effects the enclosure has on the wind load of the platform.

**Notes:**

### Instructor Tips

- **Stress the importance of safety as it applies to working on or near heavy machinery and equipment (heaters, heating lamps, etc.).**
- **Ask workers to discuss which methods listed in the second bullet, they use.**

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Ergonomics (8)