

It's important to be aware of the risks posed by different weather elements, including heat exhaustion, frostbite, wind damage, lightning strikes, and more.

When windy weather begins to make an impact on work at the job site, it can be annoying at first, but things can turn dangerous quickly.

- Stop crane operations and work at heights if the wind speeds are too high.
- Secure all temporary structures, scaffolding, ladders, equipment, and materials. Store tools away or use tethers to avoid falling object hazards.
- When continuing work in heavier winds consider wearing a harness connected to an anchor point.
- Wear eye protection when dust and debris are flying.
- If hardhats are required, use the chin strap to ensure it can't be blown off.
- Avoid carrying or lifting large objects in blustery weather, like plywood, that can act as a sail when they catch the wind, causing dangerous fall hazards.



If there are signs of an approaching thunderstorm, workers should not begin any task that they cannot quickly stop if they need to get to safety. Lightning is unpredictable and can strike outside the heaviest rainfall areas or even up to 10 miles away from any rainfall.

Rubber-soled shoes and rubber tires do not provide protection from lightning.

To decrease your risk of being struck by lightning:

- Avoid water, and immediately get out of and away from bodies of water. Water does not attract lightning, but it is a good conductor of electricity.
- Lightning is likely to strike the tallest objects in a given area—you should not be the tallest object.
- Avoid wiring, plumbing, and fencing. Lightning can travel long distances through metal.



When working outdoors in cold weather, it's important to dress warmly. Winter clothing should keep you warm but should not impair your hearing, sight, or "feel" for equipment controls or manual work tasks.

- Stay dry in the cold because moisture or dampness, even from sweating, can increase the rate of heat loss from the body.





Getting too hot can make you sick causing heat-related illnesses like heat cramps, heat exhaustion, and heat stroke. Dehydration is also common in the summer heat and can cause a lack of energy, irritability, headache, constipation, or dizziness, all of which can impact a worker's productivity and safety.

- Start drinking water before you arrive to work and keep drinking water throughout the day. Don't wait until you are thirsty to drink.
- Avoid drinks with caffeine or a lot of sugar. Consume sports drinks with electrolytes during activities that cause heavy sweating.
- Pace your activity by starting slow and increasing the intensity gradually.
- Take breaks in the shade, especially during periods of high heat and humidity.
- At the first signs of heat illness, which might include dizziness, nausea, headaches, muscle cramps, or similar, move to a cooler location to rest and slowly drink a cool beverage. Seek medical attention immediately if you do not begin to feel better.

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