# Extreme Weather Safety Meeting Kit




## WHAT’S AT STAKE

Extreme weather can turn a normal workday into a dangerous situation in minutes. High heat, freezing temperatures, lightning, heavy rain, windstorms, and sudden weather shifts all increase the risk of injuries, illnesses, equipment damage, and stranded workers. Whether indoors or outdoors, extreme conditions can cause dehydration, heat stress, hypothermia, slips, falls, visibility problems, and fast-changing hazards that workers may not see coming. When weather intensifies, the body reacts slower, decision-making declines, and even simple tasks become risky.

## WHAT’S THE DANGER

Extreme weather creates fast-changing conditions that can catch workers off guard. Whether it’s intense heat, bitter cold or heavy rain, the body and environment can shift from safe to unsafe in seconds.

**Heat Stress and Dehydration**

High temperatures put tremendous strain on the body. Workers can overheat before they even notice the warning signs, especially when performing physical tasks. Heat stress, heat exhaustion, and heat stroke can develop rapidly and become life-threatening.

**Cold Stress and Hypothermia**

Freezing temperatures drain body heat faster than most people expect. Numb hands, slowed movement, and reduced coordination increase the chances of slips, mistakes, and cold-related injuries.

**Reduced Visibility and Wet Surfaces**

Rain, fog, snow, and ice make it harder to see hazards and easier to slip or fall.n Slippery surfaces increase fall risk.

**Strong Winds and Flying Debris**

High winds can knock workers off balance, move unsecured materials, or topple equipment. Even moderate gusts can turn lightweight objects into dangerous projectiles.

**Rapid Weather Changes**

Storm fronts, heat spikes, or cold drops can arrive with little warning. Workers who aren’t prepared may not have time to take shelter, adjust clothing, or stop hazardous tasks.

## HOW TO PROTECT YOURSELF

Staying safe during extreme weather starts with paying attention to the conditions around you and knowing when to slow down, adjust, or stop work altogether. Weather changes fast, and the body doesn’t always give clear warning signs until it’s too late. Taking simple precautions, dressing for the conditions, and reacting early can prevent serious injuries and emergencies.

**Prepare Before Weather Becomes Dangerous**

Check forecasts, heat alerts, cold advisories, wind warnings, and storm updates before starting work. Extreme conditions often escalate quickly, so knowing what’s coming helps you plan breaks, adjust workloads, and set up safe shelter locations.

**Protect Your Body From Heat and Cold**

Dress appropriately for the environment and adjust layers throughout the day. During heat, drink water often and take shade breaks. During cold, keep your extremities covered and stay dry to prevent your core temperature from dropping.

**Watch for Hazards Created by Weather**

Rain, snow, and fog make surfaces slippery and hide hazards. High winds affect balance and can move tools or materials unexpectedly.

- Slow down on wet or icy surfaces.
- Secure loose items before wind picks up.
- Use extra caution around vehicles and machinery.

**Know When to Stop or Move to Shelter**

Lightning, extreme heat, intense cold, and sudden storms require immediate action. If you see lightning, hear thunder, or feel unsafe in any condition, stop work and move to a protected area. No task is worth risking a severe weather injury.

## FINAL WORD

Extreme weather can turn a safe job into a dangerous one in seconds. No task is worth risking your health or safety. Respond early, protect yourself, and make weather awareness part of every workday.