



FARM SAFETY CHECK

COVID-19 FRIENDLY
SPANISH RESOURCES

Working in the Cold

Cold temperatures pose serious threats to a person's health, leading to frostbite, hypothermia, or trench foot, which occurs when the feet have been exposed to water for too long. Symptoms of hypothermia may include lack of coordination, confusion, slurring, drowsiness, or slowed breathing. Signs of frostbite and trench foot include skin that is numb, swollen, firm, blistered, red, or gray.

You and/or your employee(s) can use this form to complete safety checks on your farm. Use the form below to list additional safety checks you think are important when inspecting your farm. Keep the completed forms for follow-up, future reference and inspections. Additional copies of this form can be downloaded at:

<http://umash.umn.edu/umash-farm-safety-check/>

Disclaimer: Don't forget to wear a mask and follow all social distancing practices in the applicable situations below.

Potential Hazard	Yes	Needs Correction	Date Corrected or Notes
Can you complete indoor tasks and leave outdoor tasks for a warmer day?	<input type="checkbox"/>	<input type="checkbox"/>	
Do you prioritize safety? Add more breaks, keep areas warm, provide warm food and drink, periodically check on employees, and train employees about the cold.	<input type="checkbox"/>	<input type="checkbox"/>	
Snow makes it difficult to see roads and bodies of water. Do bright signs or fences mark roads and water?	<input type="checkbox"/>	<input type="checkbox"/>	
Do you have heating systems to keep employees and livestock warm? Are they safe from fires and in well-ventilated areas?	<input type="checkbox"/>	<input type="checkbox"/>	
Does everyone work in pairs?	<input type="checkbox"/>	<input type="checkbox"/>	
Compared to warmer days, is there a higher ratio of people to tasks, with fewer tasks and more employees?	<input type="checkbox"/>	<input type="checkbox"/>	
Does work begin earlier to avoid being outside at night?	<input type="checkbox"/>	<input type="checkbox"/>	
Do you use sand, litter or deicer on slippery areas? These may be less effective as it gets colder.	<input type="checkbox"/>	<input type="checkbox"/>	
Do you wear the following when you go out in the cold? Layers (inner: polyester or polypropylene, middle: wool or down, outer: water-resistant nylon), hat with flaps, hood, flexible gloves (inner layer and water-resistant outer layer), facemask, boots (not steel-toed) with cleats or slip-on grips, socks with breathing room in boots, and sunglasses.	<input type="checkbox"/>	<input type="checkbox"/>	
Do you immediately remove and replace anything wet?	<input type="checkbox"/>	<input type="checkbox"/>	
Do you carry a safety toolbox with the following items? Headlamp, flashlight, two-way radio, first aid kit, pocket knife, thermometer, dry pair of clothes, blanket, high-protein snacks, and a sweet, warm beverage.	<input type="checkbox"/>	<input type="checkbox"/>	

Name of person completing safety check: _____ Date completed: ___/___/___

SEE THE NEXT PAGE FOR ADDITIONAL RESOURCES



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Additional Hazards	Yes	Needs Correction	Date Corrected or Notes
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

ADDITIONAL RESOURCES

[How to find free winter coats and clothes](#)

Need Help Paying Bills

Posters for the workplace: Symptoms of Frostbite and Hypothermia ([English](#) | [Spanish](#))

English: CDC

Spanish: Caring El Cares

Pocket-sized cards for employees: Protecting Workers from Cold Stress ([English](#) | [Spanish](#))

OSHA

Chart for the workplace: [When and how long to take breaks over a 4-hour shift given the temperature and wind speed](#)

OSHA

Training for employees: [Hypothermia, frostbite, and Trench Foot for Trainers and Supervisors](#)

Ohio State University Extension

[More information about building a first aid kit](#)

Ready.gov

The facts and information provided are suggestions for your safety, but are in no way a comprehensive and exhaustive list of all actions needed to ensure your safety, and are not an endorsement of any products mentioned.

For additional Farm Safety Check topics and resources, visit: <http://umash.umn.edu/umash-farm-safety-check/>

To receive Farm Safety Check topics via email, join the UMASH email list at <http://umash.umn.edu/join-our-email-list>

The Upper Midwest Agricultural Safety and Health Center (UMASH) is a Center of Excellence in Agricultural Disease and Injury Research, Education, and Prevention funded by NIOSH cooperative agreement U54OH010170.
umash.umn.edu

Updated January 2021