

# Cold Weather Acclimatization Procedure



Working in the extreme cold can lead to a variety of cold-related illnesses, including potentially deadly hypothermia. Failure to protect your own workers from these ailments can result not only in fatalities and serious injuries but also OHS violations. Acclimatizing workers to the cold conditions is one of the measures you can use to prevent cold stress. Here's a Model Acclimatization Procedure you can adapt for your own use.