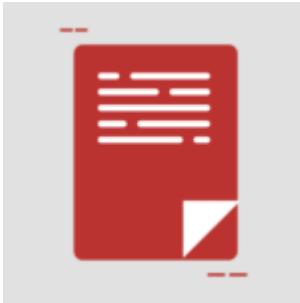


# Ergonomic Risks During Winter Construction



Winter construction presents a unique combination of physical demands, environmental stressors, and operational pressure. As temperatures drop, daylight shortens, and ground conditions deteriorate; construction work does not stop, but the ergonomic risks increase significantly.

For OHS managers, winter is a high-risk season for musculoskeletal injuries (MSIs), strains, sprains, and cumulative trauma. These injuries are often viewed as routine or unavoidable, yet many are preventable with thoughtful planning and winter-specific controls.

Understanding how cold weather amplifies ergonomic risk is essential to keeping workers safe, productive, and healthy through the harshest months of the year.

## Why Winter Amplifies Ergonomic Risk

Cold environments affect the body in ways that directly increase injury risk. Muscles lose elasticity in low temperatures, joints stiffen, and grip strength declines. Workers require more force to perform the same tasks they could complete more easily in warmer conditions.

At the same time, winter introduces additional ergonomic stressors:

- Bulky cold-weather PPE restricts movement and visibility.
- Slippery surfaces alter posture and gait.
- Snow, ice, and frozen materials increase handling force.
- Shorter daylight hours increase fatigue and rushed work.
- Reduced dexterity affects tool use and precision.

These factors combine to increase physical strain even during routine tasks.

## Common Ergonomic Hazards in Winter Construction

While all construction work carries ergonomic risk, winter conditions intensify specific hazards.

### Manual Material Handling

Frozen materials, wet lumber, and snow-covered supplies are heavier and harder to grip. Workers often compensate by twisting, overreaching, or lifting awkwardly, increasing back and shoulder injury risk.

### Awkward Postures

Cold weather PPE, including thick gloves and insulated coveralls, can restrict range of motion. Workers may adopt awkward postures to compensate, placing additional strain on the neck, back, and knees.

### Repetitive Tasks in Cold Conditions

Tasks such as fastening, shoveling, or tool operation require more effort when hands are cold. Repetitive forceful movements increase the risk of tendinitis and nerve compression.

### Slips, Trips, and Falls with Ergonomic Consequences

While often categorized separately, slips and falls frequently result in sprains, strains, and overexertion

injuries when workers attempt to regain balance.

### **Equipment Vibration Exposure**

Cold temperatures can increase vibration exposure from tools as workers grip harder and muscles fatigue more quickly.

## **How Cold Stress and Ergonomics Intersect**

Cold stress and ergonomic risk are closely linked. As workers become cold, blood flow to extremities decreases, reducing strength and fine motor control. This leads to compensatory movements that strain larger muscle groups.

Fatigue compounds the issue. Winter construction often requires greater energy expenditure, leading to quicker onset of muscle fatigue and reduced recovery between tasks.

OHS managers should view ergonomic risk and cold stress as **interconnected hazards**, not separate concerns.

## **Sectors and Activities at Highest Risk**

Certain winter construction activities carry elevated ergonomic risk:

### **Concrete and Masonry Work**

Handling frozen or stiff materials, prolonged static postures, and forceful tool use increase strain.

### **Framing and Carpentry**

Awkward lifts, overhead work, and repetitive fastening are more demanding in cold conditions.

### **Road and Infrastructure Work**

Shoveling, traffic control postures, and uneven icy surfaces increase physical strain.

### **Utility and Maintenance Crews**

Extended outdoor exposure combined with manual handling and confined spaces creates compounded ergonomic risk.

## **Residential Construction**

Tight spaces, variable surfaces, and pressure to meet timelines elevate injury potential.

# **Best Practices for Managing Ergonomic Risk in Winter**

Effective winter ergonomics requires adaptation, not elimination, of work.

Key best practices include:

### **Adjust Work Planning and Pacing**

Allow additional time for tasks that require manual handling or precision. Rushed work significantly increases injury risk in winter.

### **Promote Warm-Up and Micro-Breaks**

Encourage short, frequent breaks to warm muscles and restore circulation. Warm-up exercises before physically demanding tasks can reduce strain.

### **Modify Tools and Equipment**

Use tools designed for cold conditions, including ergonomic handles and anti-vibration features. Ensure gloves allow sufficient dexterity without sacrificing warmth.

### **Reduce Manual Handling Where Possible**

Use mechanical aids, team lifts, and staging strategies to minimize lifting force. Even small reductions in load weight can significantly reduce risk.

### **Improve Surface Conditions**

Prompt snow and ice removal reduces awkward movements caused by balance correction.

### **Layer PPE Thoughtfully**

Ensure cold-weather PPE fits properly and allows reasonable movement. Poorly fitted PPE increases awkward postures.

## **The Role of Supervisors and OHS Managers**

Supervisors are often the first to observe early signs of ergonomic strain: slowed movement, complaints of soreness, reduced productivity, or task avoidance.

OHS managers should support supervisors by:

- Providing winter-specific ergonomic training.
- Encouraging early reporting of discomfort.
- Reinforcing that MSIs are injuries, not inconveniences.
- Reviewing incident data for seasonal trends.

In North America, regulators increasingly expect employers to address ergonomic risk proactively, particularly where hazards are foreseeable and seasonal.

## **Early Warning Signs of Winter Ergonomic Risk**

Pay attention to indicators such as:

- Increased reports of muscle soreness or stiffness.
- Higher first-aid cases for strains and sprains.
- Workers modifying tasks informally to cope.
- Reduced task efficiency or increased errors.
- Reluctance to perform certain physical tasks.

Addressing these signs early prevents more serious injuries later in the season.

## **Integrating Ergonomics into Winter Safety Planning**

Ergonomics should be included in winter hazard assessments, toolbox talks, and pre-job planning. Treating winter MSIs as inevitable undermines prevention efforts.

Simple steps like better task sequencing, improved material

staging, and realistic scheduling often yield significant reductions in injury risk.