

Winter Weather Preparedness

November 2023

Housekeeping



Muster Point

Presenter & Introductions

A photograph of two business professionals shaking hands in an office. The person on the left is wearing a light blue suit jacket and a silver bracelet. The person on the right is wearing a dark grey suit jacket. The background is a blurred office with shelves of colorful binders.

Safety begins with me!



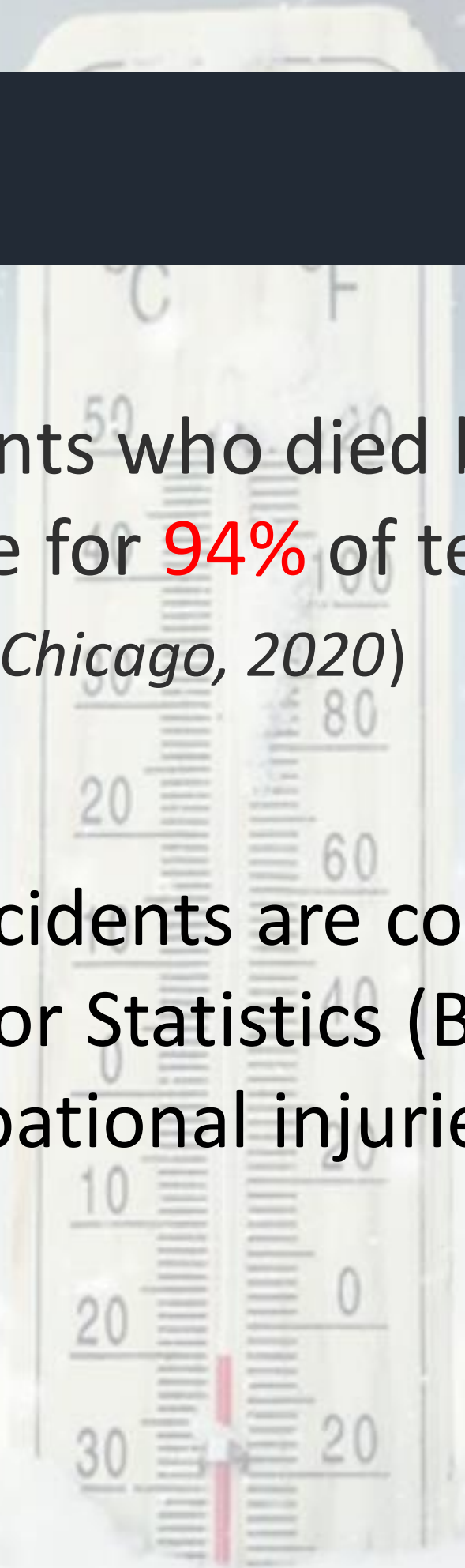
Why am I here?

You are the KEY to SAFETY!

Winter Weather Statistics

Researchers have found that “Patients who died because of cold temperatures were responsible for **94%** of temperature-related deaths.” (*University of Illinois at Chicago, 2020*)

Cold and winter weather-related accidents are common. According to the U.S. Bureau of Labor Statistics (BLS), in 2017, there were over **20,000** occupational injuries related to ice, sleet and snow.



Cold Stress Injuries

The background image shows two construction workers in winter gear. One worker in the foreground is wearing a white hard hat, safety glasses, and a high-visibility yellow and black jacket. The other worker is in the background, also wearing a white hard hat and safety glasses. The scene is dimly lit, suggesting a night or low-light environment.

Hypothermia

Frostbite

Trench Foot

Chilblains

Hypothermia

- A condition in which the body uses up stored energy and can no longer produce heat.
- Occurs when the normal body temperature (98.6°F) drops to less than 95°F.
- Can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or immersion in cold water.

Hypothermia Symptoms

Early Symptoms

- **Shivering**
- **Fatigue**
- **Confusion**
- **Disorientation**
- **Loss of Coordination**

Late Symptoms

- **No Shivering**
- **Blue skin**
- **Dilated pupils**
- **Slow pulse and breathing**
- **Loss of consciousness**

Hypothermia First Aid

- 1. Call 911 immediately in an emergency:**
- 2. Move the worker to a warm room or vehicle.**
- 3. Remove any wet clothing and replace with dry clothing. Wrap the entire body (including the head and neck) in layers of blankets; and with a vapor barrier (e.g. tarp, garbage bag) Do not cover the face.**
- 4. Give warm sweetened drinks if alert (no alcohol), to help increase the body temperature. Never try to give a drink to an unconscious person.**
- 5. Place warm bottles or hot packs in armpits, sides of chest, and groin. Call 911 for additional rewarming instructions.**
- 6. If the worker has no pulse, cardiopulmonary resuscitation (CPR) should be provided and continued until the person responds or medical aid becomes available.**

Frostbite

- Caused by the freezing of the skin and tissues.
- Can cause permanent damage to the body, and in severe cases can lead to amputation.
- Risk is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.
- Most often affects the nose, ears, cheeks, chin, fingers, or toes.

Frostbite Symptoms

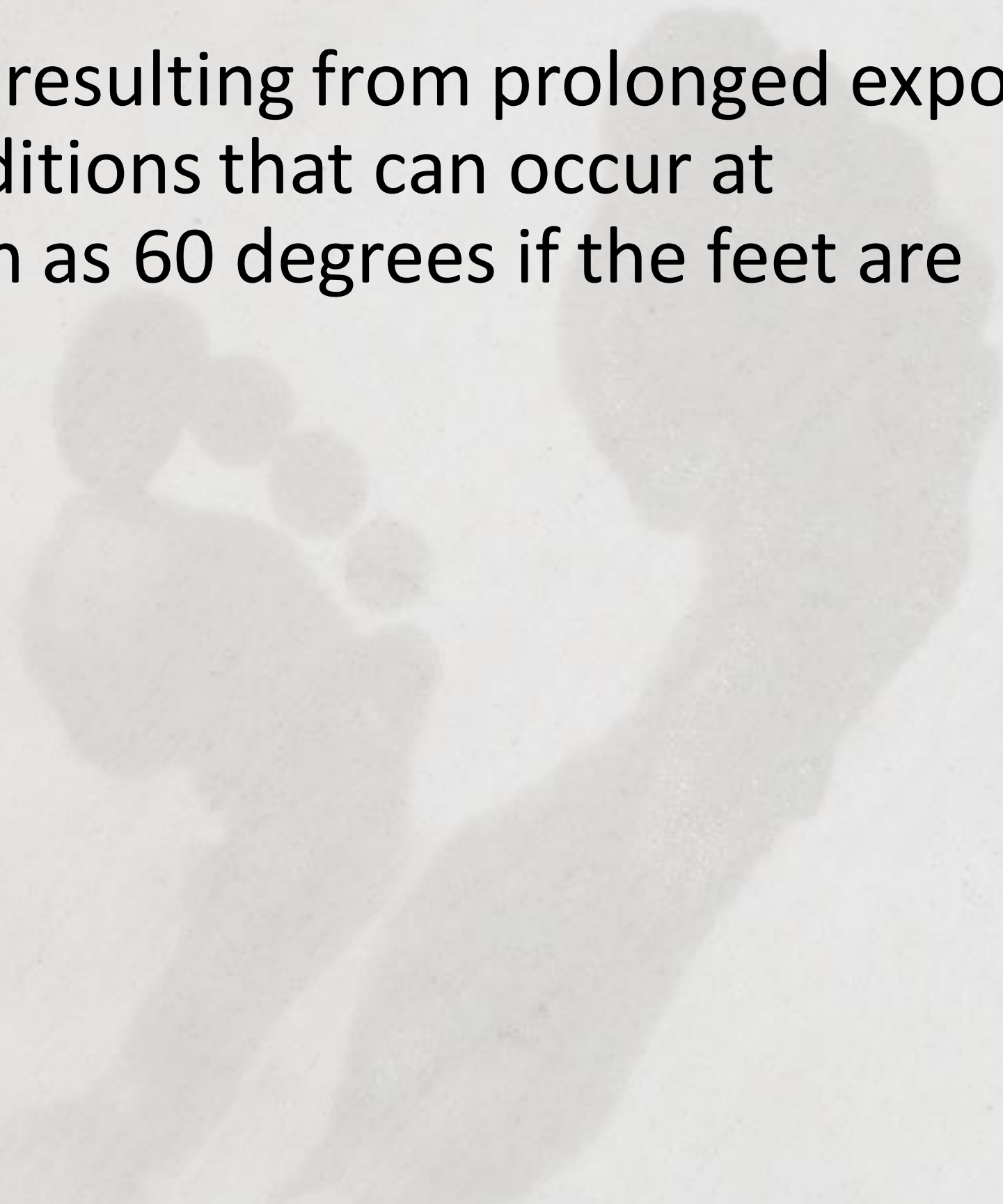
- Reduced blood flow
- Numbness
- Aching
- Tingling or stinging
- Bluish or pale

Frostbite First Aid

- 1. Get into a warm room as soon as possible.**
- 2. Unless necessary, do not walk on frostbitten feet or toes.**
- 3. Follow the recommendations described previously for hypothermia.**
- 4. Protect the frostbitten area, e.g., by wrapping loosely in a dry cloth and protect the area from contact until medical help arrives.**
- 5. DO NOT rub or massage the affected area, because rubbing causes damage to the skin and tissue.**
- 6. DO NOT try to re-warm the frostbitten area before getting medical help, for example, do not use heating pads or place in warm water. If a frostbitten area is rewarmed and gets frozen again, more tissue damage will occur. It is safer for the frostbitten area to be rewarmed by medical professionals.**
- 7. Give warm sweetened drinks if alert (no alcohol).**

Trench Foot

An injury of the feet resulting from prolonged exposure to wet and cold conditions that can occur at temperatures as high as 60 degrees if the feet are constantly wet.



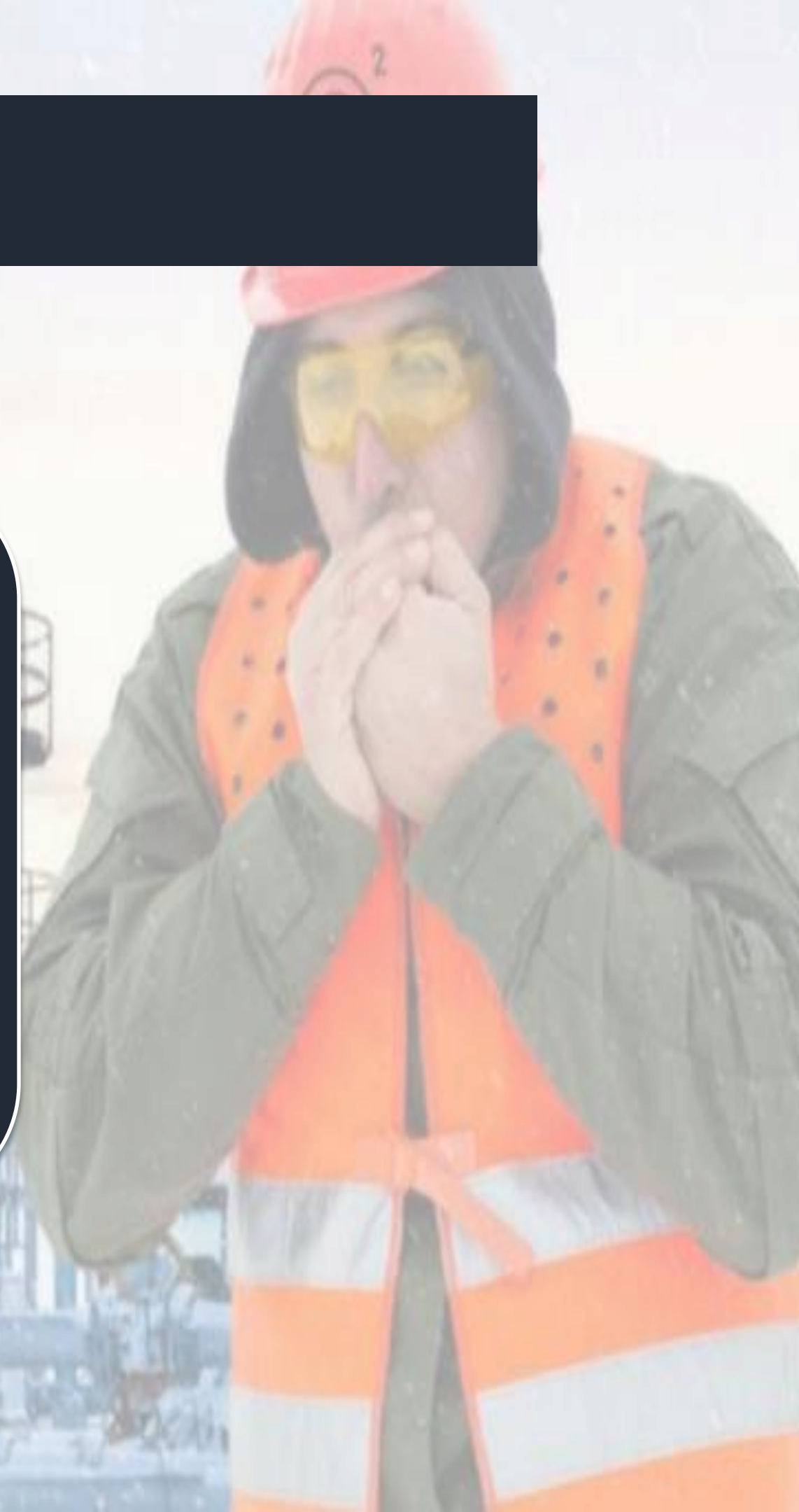
Trench Foot Symptoms

- Reddening of skin
- Leg Cramps
- Swelling
- Blisters/Ulcers
- Bleeding Under Skin
- Gangrene



Chilblains

Ulcers formed by damaged small blood vessels in the skin, caused by the repeated exposure of skin to temperatures just above freezing to as high as 60 degrees.



Chilblain Symptoms

- Redness
- Itching
- Blistering
- Inflammation
- Possible Ulceration



<https://www.flickr.com/photos/winkyintheuk/11450664>

Chilblain First Aid

- Avoid scratching
- Slowly warm the skin
- Use corticosteroid cream to relieve itching and swelling
- Keep blisters and ulcers clean and covered



How to Protect Yourself



- Monitor your physical condition and that of your coworkers.
- Wear appropriate clothing.
- Wear several layers of loose clothing for insulation.
- Boots should be waterproof and insulated.
- Carry extra socks, gloves, hats, jacket, and thermos of hot liquid.
- Move into warm locations during breaks; limit the amount of time outside.
- Avoid touching cold metal surfaces with bare skin.

Winter Weather Driving



Prepare for Your Drive

- Inspect your vehicle to determine that your systems are working properly:
 - ✓ Brakes
 - ✓ Cooling System
 - ✓ Electrical System
 - ✓ Engine
 - ✓ Exhaust system
 - ✓ Tires
 - ✓ Oil
 - ✓ Visibility systems

Emergency Kit

Create an emergency kit containing a cell phone or two-way radio, flashlight, jumper cables, abrasive material (sand, kitty litter, etc.), shovel, snow brush and ice scraper, emergency flares, and blankets. For longer trips, add food, water, and any medications.

Winter Emergency Car Kit



Shoveling Snow

A person wearing a bright orange safety vest, a grey jacket, and dark pants is shoveling snow. They are using a wooden-handled shovel to clear a path on a snow-covered ground. The background is a blurred outdoor setting with snow on the ground and some structures in the distance.

Shoveling snow can be a strenuous activity, particularly because cold weather can be taxing on the body. There is a potential for:

- Exhaustion
- Dehydration
- Back injuries
- Heart attacks

Shoveling Snow Cont.

- Workers should warm up before the activity
- Scoop small amounts of snow at a time where possible, push the snow instead of lifting it
- The use of proper lifting technique is necessary to avoid back and other injuries when shoveling snow (keep the back straight, lift with the legs and do not turn or twist the body)

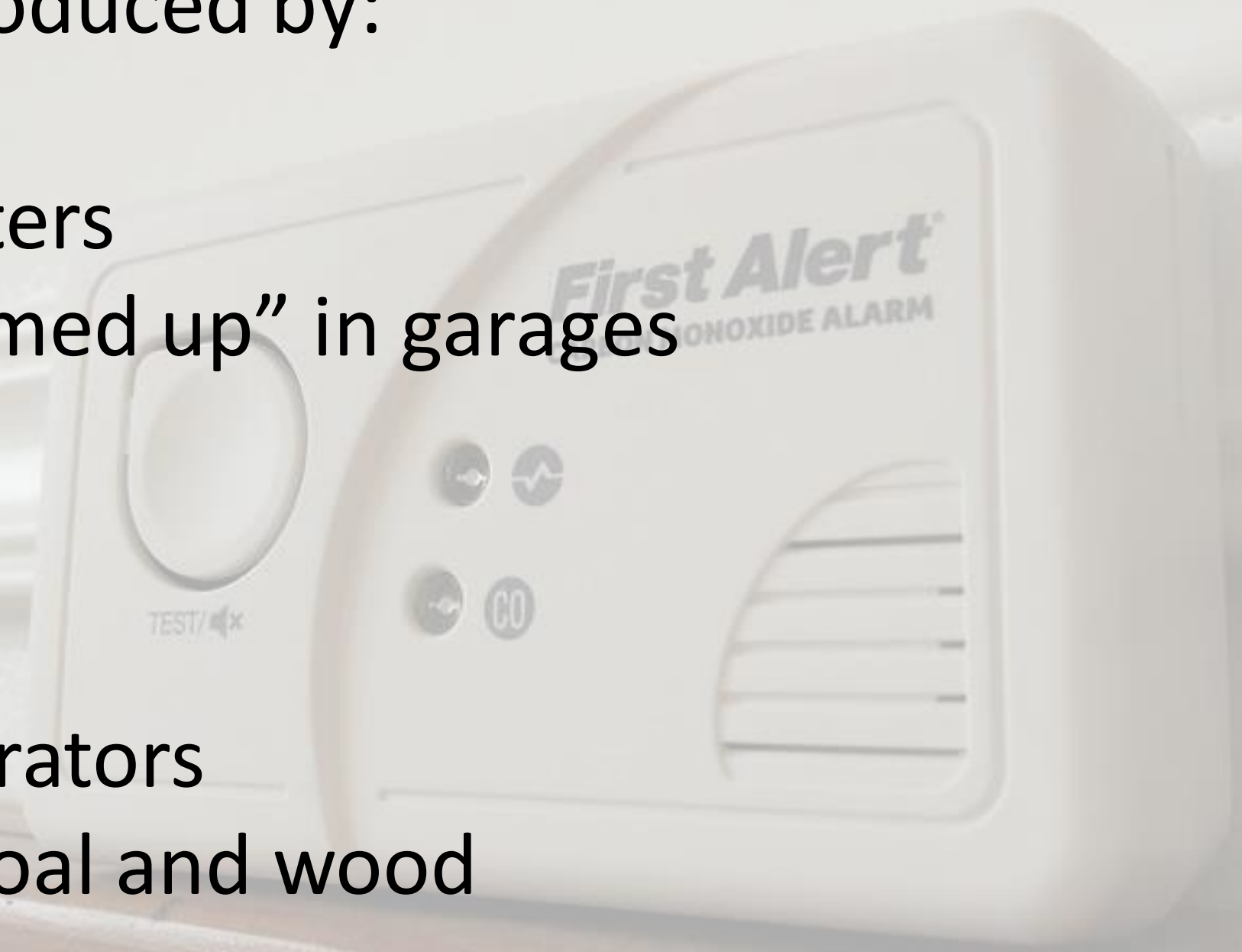
Preventing Slips on Snow and Ice

- Clear walking surfaces of snow and ice, spread deicer, as quickly as possible after a winter storm.
- Wear proper footwear when walking on snow or ice.
- Take short steps and walk at a slower pace so you can react quickly to a change in traction, when walking on an icy or snow-covered walkway.

Carbon Monoxide

Found in fumes produced by:

- Furnaces
- Kerosene heaters
- Vehicles “warmed up” in garages
- Stoves
- Lanterns
- Gas ranges
- Portable generators
- Burning charcoal and wood



Message from Safety Spiel



One Team

QUESTIONS?

A group of business professionals in a huddle, with their hands stacked in the center, symbolizing teamwork and collaboration. The image is a low-angle shot looking up at the group, with their hands forming a central point. The background is bright and slightly blurred, focusing attention on the team's unity.