



Safety Tip of the Week

Your Safety Is Our Business®

Volume 2, Issue 48

November 29th, 2015

Cold Weather Safety

Summer and fall are gone and the winter months are upon us. Even though it's cold outside, we still have to work and get the job done. There are several things we can do to keep warm and prevent cold weather related accidents.

Protection against hazards:

The best way to deal with cold problems is to prevent them in the first place. The most sensible approach is to limit exposure to cold, especially if it's windy or damp.

If you know you're going to be in cold conditions, don't bathe, smoke, or drink alcohol just before going out.

- Dress for conditions in layers of loose, dry clothes. The most effective mix is cotton or wool underneath with something waterproof on top.
- Get dried or changed immediately if your clothes do get wet.
- Be sure to cover hands, feet, face, and head. A hat is critical because you can lose up to 40 percent of your body heat if your head isn't covered.
- Keep moving when you're in the cold.
- Take regular breaks in warm area. Go where it's warm any time you start to feel very cold or numb.
- Drink something warm as long as it doesn't contain alcohol or caffeine.



Safety precautions:

As you know, prevention doesn't always work. So it's important to know what to do if you or someone you're with shows symptoms of cold problems.

The first thing to do is to get where it's warm. Get out of any frozen, wet, or tight clothing and into warm clothes or blankets. Drink something warm, decaffeinated, and non-alcoholic.

For hypothermia, call 911 for medical help and keep the person covered with blankets or something similar. Don't use hot baths, electric blankets, or hot water bottles. Give artificial respiration if necessary and try to keep the person awake and dry.

Don't Be "Left Out In The Cold"... Practice Winter Safety!!