



SAFETY UNLIMITED, INC.

Safety Tip of the Week

Getting Ready for Winter Work

Working outside in the winter can be a dirty job, but many of us have to do it. Are you ready for winter work?

Prolonged exposure to freezing or cold temperatures may cause serious health problems such as trench foot, frostbite, and hypothermia.

Danger signs include uncontrolled shivering, slurred speech, clumsy movements, fatigue, and confused behavior. If these signs are observed, call for emergency help.



Frostbite

Safety Tips for Workers:

- Know the symptoms of cold stress.
- Monitor your physical condition and that of your coworkers.
- Dress properly for the cold.
- Stay dry in the cold because moisture or dampness, e.g. from sweating, can increase the rate of heat loss from the body.
- Keep extra clothing (including underwear) handy in case you get wet and need to change.
- Drink warm sweetened fluids (no alcohol).
- Use proper engineering controls, safe work practices, and personal protective equipment (PPE) provided by your employer.

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