



# Safety Tip of the Week

## Working in Cold Weather

In some areas of the country, winter storm systems are still in the weather forecast. There are several things we can do to keep warm and prevent accidents related to cold weather.

The first thing we want to do is to keep our body temperature at or about normal, 98.6F. This can be accomplished by wearing layers of clothing both inside and outdoors.

### Wind Chill Index:

The Wind Chill index is the temperature your body feels when the air temperature is combined with the wind speed; when the actual air temperature of the wind is 40°F and its velocity is 35 mph, the exposed skin receives conditions equivalent to the still-air temperature being 11°F.

### 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 do have to go out, remember to:

- 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 a 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.



***DON'T BE LEFT "OUT IN THE COLD" ... PRACTICE WINTER SAFETY!!***