SAFETY BULLETIN #1

January 5, 2025

Cold Weather Awareness

Cold Stress

- ★ What is cold stress? It's when the body can no longer maintain a normal temperature and can result in cold related illnesses. Individuals working in cold environments (low temps, high wind speeds, humidity, and/or contact with water) are particularly susceptible to cold stress. Cold related illnesses can result in:
- ★ Trench Foot/Immersion Foot
  - What is it?: non-freezing injury to the foot caused by prolonged exposure to wet and cold temps
  - Symptoms: redness, swelling, numbness, blisters
  - Medical Response: remove wet shoes & socks, air dry in a warm area; keep feet elevated
- ★ Frostbite
  - What is it?: body tissue freezes (typically the hands and feet); could result in amputation
  - Symptoms: numbness, reddened skin develops gray/white patches, feels firm/hard, may blister
  - Medical Response: loosely cover and protect from contact; don't rub the area and avoid walking on frostbitten feet; do not break blisters; do not try to rewarm unless physician directed
- ★ Hypothermia
  - What is it?: body temp drops to 95* or lower
  - Symptoms: alert but shivering; heart rate/breathing slow; confusion & slurred speech, loss of consciousness
  - Medical Response: move to a warm place; change into dry clothes; block wind with tarps and warm the body with blankets; give warm drinks; apply heat packs to armpits, sides of chest, neck and groin. **Call 911 immediately in an emergency**

Ways to protect yourself and team members

- ★ Dress properly - dress in layers, wear face and head coverings; use insulated jacket, gloves, and boots
- ★ Carry a full set of extra clothes (including socks and underwear) in case you get wet or sweaty
- ★ If you get hot while working, open your jacket but keep your hat and gloves on
- ★ Take frequent breaks in a warm or heated area (nearby building or truck)
- ★ Hydrate! Drink water or sports drinks even when you don't feel thirsty

Other Discussion Points:

- ★ Where could ice be a problem on this jobsite (slip & fall, wrecks)?
  - For team members:
  - For motorists and pedestrians:
- ★ Do the trucks and equipment have adequate antifreeze and the proper wiper fluid for below freezing temps?

