



COLD WEATHER SAFETY

DIRECTIONS: Please review this sheet as a group or individually and return with signatures.

Warm up before shoveling or work activity - Do some stretching exercises first. You can march in place, do a couple of jumping jacks or walk for a couple of minutes. With your muscles all warm, not only will you work more efficiently, you also reduce the risk of injuring yourself.

Warm up before driving off - You should warm up your vehicle, too. This helps reduce the moisture condensation on the inside of your car windows. Be sure to remove snow and ice from the windows mirrors, lights and back-up sensors/cameras.

Limit coffee and cigarettes - Before shoveling or doing any strenuous work, avoid caffeine and nicotine. They increase your heart rate and may cause your blood vessels to constrict. Instead, go for warm or room temperature sweet beverages like sports drinks. Keep in mind that you are also at risk of dehydration in cold weather.

Not feeling well? - If you're sick or under medication, you are more at risk to get cold stress. This is especially true if you have hypertension, diabetes or a cardiovascular disease. Visit the Clinic if you suspect an illness coming on.

Rock salt + Kitty Litter = Safer walkways - Have some rock salt and kitty litter on hand. Rock salt helps melt the ice on slippery surfaces. Kitty litter can act gives temporary traction.

Layer clothing - It's better to go for several thin layers of clothing instead of wearing thick layers. You need to stay dry, not just from the outside in, but from the inside out. The clothing closest to your skin should be a wicking fabric to move the moisture and sweat away from your skin. Close-fitting synthetic pieces are lightweight, comfortable and cozy. If you prefer natural fibers, choose silk and wool over cotton. The next layer, insulating fabrics like wool, fleece and down, will keep you warm. For your outer layer, choose fabrics made of waterproof and wind-resistant material.

Wear complete PPE - Wear warm gloves, hats and hoods. In extreme conditions, don a warm woolen hood that covers your neck, head and ears. If you get hot while working, just open your jacket. Don't remove your hat and gloves. The key is wearing clothing that can be adjusted to changing conditions. Avoid wearing tight-fitting footwear as this restricts blood flow. Your shoes or boots should allow you to wear either one thick or two thin pairs of socks.

Wear eye protection - Ice or snow + excessive ultraviolet rays = eye injury. Before working outside, check first if you may be exposed to glare or, worse, blowing ice crystals.

COLD STRESS AND WHAT TO LOOK FOR

Signs of hypothermia:

Cool skin
Slower, irregular breathing
Slower heartbeat
Weak pulse
Uncontrollable shivering
Severe shaking
Rigid muscles
Drowsiness
Exhaustion
Slurred speech
Memory lapses

Signs of frostbite:

Paleness of the skin
Sensation of coldness or pain
As tissue freezes, pain disappears
Tissues become whiter and harder

COLD WEATHER CAR TIPS

- Your vehicle's **battery** is especially hard hit in winter as cold temperatures reduce its cranking power. You can have it tested at a service station, auto parts store, or repair shop.
- With dirt, mud, and salt residue being kicked up off the road, it's likely you'll be using your windshield wipers a lot. Change out **wiper blades** if its been a while. And keep your **windshield-washer reservoir** filled with a winter-blend washer solution that contains an antifreeze agent.
- Check the **oil**. Motor oil thickens when cold, making it harder for the engine to turn over.
- Consider your **tires**. Check the tread and even if in good shape, make sure they are properly inflated. Big drops in temperature mean your tires will lose air, as tire pressure declines with the thermometer.
- Keep a sturdy **ice scaper** in your car.

