

# Safety-Gram

## Title 45, Chapter 11

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### Winter Is No Time To Chill On Safety


#### COLD WEATHER CAN KILL!

Cold weather is more than just an inconvenience. It can be dangerous - even deadly. Frostbite can lead to permanent tissue damage or amputation; hypothermia can cause confusion, disorientation, and impaired judgment. Luckily, our bodies have a number of ways of signaling that cold temperatures are creating dangerous conditions, and there are steps we can take to keep a cold-weather tragedy from happening.

#### KNOW THE SYMPTOMS OF COLD STRESS:

- Reddening skin
  - Tingling, pain
  - Swelling
  - Leg cramp
  - Numbness
  - Blisters
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#### WORK SAFELY IN COLD WEATHER

- Check the weather forecast before going out
  - Dress for the conditions
  - Stay well-nourished by eating & drinking enough
  - Stay well-rested
  - Plan breaks from the cold
  - Stay dry. Open your coat if you are sweating
  - Keep a cold weather safety kit in your vehicle
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#### HYPOTHERMIA DO'S AND DON'TS:

- DO take the victim's temperature. If it's 95°F or below, get medical attention immediately
- DON'T rub or massage the victim's skin
- DO move the victim into a warm room and give warm, non-alcoholic beverages
- DON'T assume an unconscious victim is dead. Give CPR while the victim is being warmed
- DO remove wet clothing and warm the center of the victim's body first - head, neck and torso

#### FROSTBITE DO'S AND DON'TS:

- DO seek medical care immediately
- DON'T rub or massage the area
- DO warm the area gradually
- DON'T warm the area until you can ensure it will stay warm



#### BE COLD WEATHER AWARE

*It's often a co-worker or family member who notices something is wrong before the victim does. Don't be afraid to say, "Your ears and nose are bright red! Let's get out of this weather," or "My toes are numb - can we go somewhere warm?" Let's work together to keep each other safe from cold stress, frostbite, and hypothermia.*