



SAFETY MONDAY

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms including blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.

Cold Weather Safety Tips to Protect Your Workers This Winter

- Train staff to recognize cold weather conditions and potential hazards.
- Dress appropriately for the cold.
- Take frequent breaks in warm, dry areas.

TYPES OF COLD STRESS

- Frostbite causes loss of feeling and color around the face, fingers, and toes.
Signs: Numbness, white or grayish-yellow skin, firm, or waxy skin.
- Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.
Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness.
- Trench/Immersion Foot can happen from prolonged exposure to wet and cold conditions.
Signs: tingling, reddening, swelling, numbness, or blisters on the feet.

Wear appropriate outdoor clothing:

wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.

DRESSING FOR COLD WEATHER

Friday and Saturday CHILLY
1-2 layers, long layer, outer layer to keep out wind/rain, warm shoes water proof

Sunday COLD
2-3 layers, warm hat, gloves, outer layer to keep out wind/wet snow, boots water proof

Monday and Tuesday EXTREME COLD
3+ layers 7 insulating, warm hat, gloves, outer layer to keep out wind, boots water proof

Warning Signs of Hypothermia

- Confusion
- Shivering
- Difficulty Speaking
- Sleepiness
- Stiff Muscles

SIGNS & SYMPTOMS OF FROSTBITE

Redness or pain in any skin area may be the first sign of frostbite. Other signs include:

- * A white or grayish-yellow skin area
- * Skin that feels unusually firm or waxy
- * Numbness



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