

News & Notes

FROSTBITE AND HYPOTHERMIA

Both conditions are a result of extreme cold. Frostbite is severe, sometimes permanent damage to the deep layers of skin and tissue characterized by a loss of feeling and a waxy-white or pale appearance in the fingers, toes, nose, or earlobes. Hypothermia occurs when the body temperature drops below 95° Fahrenheit; symptoms include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion. Severe hypothermia can be fatal. To prevent frostbite and hypothermia, workers should wear proper clothing for cold, wet, and windy conditions. This typically consists of several layers, including a water-resistant outer layer, a hat, and gloves/mittens. In addition, workers should take frequent, short breaks in warm, dry shelters; drink warm, sweet beverages (avoiding those that contain caffeine or alcohol); and eat warm, high-calorie foods.

To help a person with possible frostbite or hypothermia, seek immediate medical assistance and warm the person slowly, starting with the trunk. Arms and legs should be warmed last. Put the person in dry clothing and wrap him or her in a blanket. Never give anything containing caffeine or alcohol to a person with hypothermia or frostbite.

SAFETY TIP OF THE MONTH

Severe health issues don't always result from cold temperatures. Sometimes, just the fact that your hands and fingers are cold and have less grip and dexterity could lead to disastrous consequences. When you can't feel your hands or fingers, it becomes much harder to grip and handle tools, materials, or other equipment. This can lead to accidents happening that could injure or kill someone, simply because someone lost their grip on their tools or they couldn't handle them correctly. Remember to always protect your hands from the cold - Wear either mittens (preferably) or gloves. When choosing between the two always consider the amount of dexterity needed to perform the tasks at hand and choose accordingly.



"At which trimester will I be able to communicate with my baby via text?"

RIDDLES OF THE MONTH

- 1) Who established January 1 as the start of the New Year?
- 2) It flies when it's on and floats coming off.
- 3) What has a head but cannot think; no limbs but can drive?
- 4) What needs to be taken from you before you have it?

Answers on Page 2 Safety Bits and Pieces

Safety Matters



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The Wind-chill Factor

One thing a lot of workers fail to take into account when dealing with cold weather is the wind-chill factor. This is a problem considering that 80% of a worker's body heat that is lost on cold days is lost to the wind-chill. The trick is to understand how the wind-chill is affecting what it really feels like outside, not just what the temperature indicates. The wind ends up blowing away the thin layer of air between the skin and the air that usually protects workers, creating a much colder environment that should be protected against accordingly.

So, to protect against the elements, you will want to have a good idea of your options. Generally speaking, cold weather work clothes should:

- Provide high insulation, resist snow and be durable.
- Allow moisture to escape from inside of the clothing.
- Resist moisture from getting in from the outside.
- Have a means of alternating insulation and flow of air.
- Have minimal bulk and weight; be unrestrictive to movement.
- Be easy to put on and take off.

The following clothing is recommended for any workers who will be working briefly, or for extended periods of time in the cold this winter.

- **Underwear**-Thermal underwear should be worn with cotton shirt and shorts underneath. It is better to have 2-piece long underwear than a single piece. You want to stay warm, but you don't want to constrict the blood vessels either.
- **Pants**-Lined thermal type pants, or wool and quilted pants are recommended. Pants should provide room to the wearer and should be worn with suspenders, not a belt. Belts constrict circulation.
- **Shirts**-Wool shirts are best for cold weather. They should be worn over underwear tops and suspenders with the shirttail worn outside of the pants to help ventilation. If you are allergic to wool, you can wear a cotton or synthetic shirt.
- **Socks**-Socks should assist in the evaporation of sweat without restricting circulation. The best socks for this are high wool socks. Avoid stretch socks if you can since they limit circulation.
- **Boots**-Any and all footwear should be waterproof and reach high up the leg. The most strongly recommended boots are rubber bottomed, felt lined, and leather toppers with removable insoles.
- **Face Masks**-Face masks should only be worn by workers who simply cannot afford to suffer limited vision while working. If this is the case, the face masks need to be removed on a constant basis to check for frostbite.
- **Head Covers**-Hat liners or wool knit caps that extend down the back of the neck are the best choice. However, a ski mask, or balaclava, will offer even more protection against the cold.
- **Mittens and Gloves**-For full protection from the cold, mittens are recommended. However, you will want to carry both mittens and gloves so you can put the gloves on when you need more dexterity when moving your fingers.

Cold weather is a normal occurrence, so it is easy for workers to forget the dangers and consequences associated with it. Make sure to take into account these cold weather safety tips while working in the workplace to better protect yourself against the elements while still maintaining effectiveness and productivity.

Safety Bits & Pieces

SAFE LIFTING TECHNIQUES

To avoid injury, follow these steps for proper lifting and material handling:

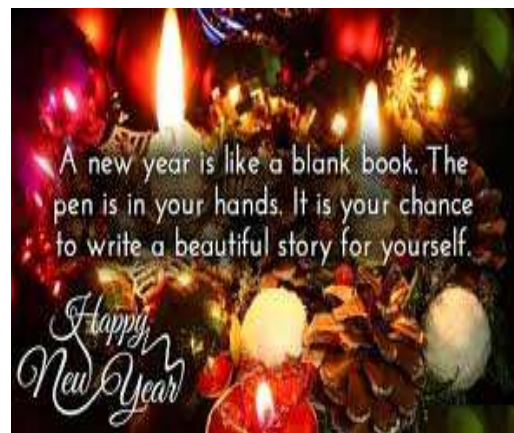
1. **Warm Up:** Your muscles need good blood flow to perform properly. Consider simple exercises such as jumping jacks to get warmed up prior to lifting tasks.
2. **Stand close to load:** The force exerted on your lower back is multiplied by the distance to the object. Stand as close to the load as possible when lifting.
3. **Bend your knees:** Bending your knees and keeping your upper body upright allows you to use your legs to lift, rather than your back.
4. **Grip the load:** Do not lift a load if you can't get a good grip. Some loads are not too heavy, but are simply too large to grip easily. Consider lifting such a load with someone else.
5. **Lower load in reverse:** You can just as easily injure your back putting something down as you did picking it up. Lower using your legs and keep the load close to your body.

While lifting, avoid the following:

- Lifting and twisting at the same time
- Throwing bags or other materials
- Working while fatigued
- Rushing
- Reaching overhead

RIDDLES OF THE MONTH ANSWERS

- 1) Julius Caesar declared January 1 the start of the new year when he established the Julian Calendar. January was named for Janus, the two faced god who looked both ahead to the new year and back to the previous year.
- 2) Feathers
- 3) Hammer
- 4) Your Picture



January is National Bath Safety Month

Safety Tips for All

A common area for accidents is in the bathroom, where falls often take place. Preventing those kinds of accidents is what January's National Bath Safety Month is all about.

These types of accidents, while common, are sometimes overlooked as a cause for concern. The good news is, however, that bathroom falls are easily prevented if you take the right precautions.

A few simple things will make your bathroom much safer. To decrease the likelihood of you ever taking a fall while in your bathroom, follow these useful tips:

- Install non-slip strips or mats in the bottom of your bathtub
- Have reachable safety handles for climbing in and out of the tub or shower, and by the toilet as well
- Keep a non-slip rug or mat on the floor at the entry/exit of the shower
- Make sure your bathroom floor stays clean and free of spills
- Keep a portable phone in your bathroom in case of emergencies

Safety Tips for Children

Stay with young children when they are in the bathroom.

The American Academy of Pediatrics recommends that children 4 and under always have a parent or caregiver present when they are near water, including the tub.

Accidents can happen in an instant.

Prevent slips.

Young children do not have the coordination or strength to hold steady if they lose their balance. Affix a slip-resistant plastic mat that suctions to the bottom of the tub and make sure the throw rug outside the tub does not slide when stepped on. Consider installing a grab bar for kids to hold onto when stepping in and out of the bath.

Test the temperature.

Always wait until the tub is finished filling up before placing your child in the water, as the temperature can change. Set your home's water heater to deliver water no hotter than 120 degrees to lower the risk of scalding. If you don't have control over the heater, buy an anti-scald device that attaches to the faucet.

Beware of sharp edges.

Use a rubber cover for the faucet head and drape a towel over metal rails for shower doors when your child is in the bath. Make sure any glass shower doors are made of shatterproof glass. Avoid bath toys with hard edges or points that could be hazardous if your child falls onto them.

Taking these steps toward preventing falls in your bathroom could definitely help save a life, so put them into practice right away as part of National Bath Safety Month.

ON THE LIGHTER SIDE...



"I'm trying to figure out online shopping. I've found some pants I like, but can't find a fitting room."

QUOTATION OF THE MONTH



Winter Driving Tips

AAA recommends the following winter driving tips:

- Avoid driving while you're fatigued. Getting the proper amount of rest before taking on winter weather tasks reduces driving risks.
- Never warm up a vehicle in an enclosed area, such as a garage.
 - Make certain your tires are properly inflated.
 - Never mix radial tires with other tire types.
- Keep your gas tank at least half full to avoid gas line freeze-up.
- If possible, avoid using your parking brake in cold, rainy and snowy weather.
- Do not use cruise control when driving on any slippery surface (wet, ice, sand).
 - Always look and steer where you want to go.
- Use your seat belt every time you get into your vehicle.