

Week 2 – January 7, 2008

Fatalities 000

20 years

Lost Time 000

345 days

Recordable 000

41 cays



## STAYING SAFE IN COLD WEATHER!

Exposure to cold can cause injury or serious illness such as hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, hydration, working & living conditions, a person's age and state of health!



- ✓ Dress appropriately before going outdoors. The air temperature doesn't have to be below freezing to experience cold emergencies such as hypothermia.
  - Ø Avoid being outside in the coldest part of the day or for extended periods in extremely cold weather.
  - Ø Dress in layers so you can adjust to changing conditions.
  - Ø Most body heat is lost through the head so wear a hat.
  - Ø Mittens provide more warmth than gloves.
  - Ø Wear waterproof, insulated boots to keep feet warm & dry and to maintain your footing if you have to walk on ice & snow.
  - Ø Take frequent breaks and stay hydrated.
  - Ø Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids.
- ✓ Recognize the symptoms of hypothermia -- confusion, dizziness, exhaustion, & severe shivering. Seek medical attention immediately if you have these symptoms.
- ✓ Recognize frostbite warning signs: gray, white, or yellow skin discoloration, numbness, waxy feeling skin. Seek medical attention immediately.
- ✓ Traveling in winter can be very dangerous. Allow extra travel time, make sure you're well rested, monitor weather conditions, & adhere to weather advisories.
- ✓ Keep blankets, food, flares, chains, gloves, and first aid supplies in your car to use in case of emergencies.