

Safety Meetings are important!

They: get your employees actively involved
 encourage safety awareness
 help identify problems before they become accidents
 motivate employees to follow proper safety procedures

We are happy to provide you with a monthly topic for your agenda.

ROUTE TO:

- General Manager
- Safety Coordinator
- Supervisor Dept. _____
- Other _____
- Date of Meeting _____

October 2023

DHS Update Cold Weather Safety Winter Working/ Walking Surfaces

DHS Update

As of July 28, 2023, DHS did not received funding from Congress for [CFATS](#) (Chemical Facility Anti-Terrorism Standards) so the program's authority to operate has expired. If CFATS is reauthorized, CISA will reschedule the inspection. Any company that had an inspection is encouraged to maintain security measures.

Cold Weather Update



(National Safety Council Injury Facts, 2022)

The National Safety Council reported earlier this year that weather related deaths are up 35% since 2017. Winter weather caused the most deaths in 2021.





(National Safety Council Injury Facts, 2022)

Extreme cold and its effects can vary across different areas of the country; in regions that are not used to winter weather, near freezing temperatures are considered “extreme cold” in other areas, the temperature must be in (or below) the single digits before people consider the weather “extreme.” Any cold environment forces the body to work harder to maintain its temperature. Whenever temperatures drop below normal and wind speed increases, heat leaves the body more rapidly. Anyone working in a cold environment may be at risk of cold stress; especially workers that are required to work outdoors for extended periods of time.

Although OSHA does not have a specific standard that covers working in cold environments, employers have a responsibility to provide workers with employment and a place of employment which are free from recognized hazards (OSHA General Duty Clause), including cold stress or hypothermia.



What to do:

- Train workers on how to prevent and recognize cold stress illnesses/injuries, how to apply first aid treatment and ways to reduce the risk of cold stress.
- Provide engineering controls; e.g. radiant heaters, work shields to break the wind, heated work environments.
- Use safe work practices:
 - Encourage employees to drink water or warm drinks.
It is easy to become dehydrated in cold weather.
 - Schedule heavy work during the warmer part of the day.
 - Assign employees to tasks in pairs (buddy system) when working outdoors, so they can monitor each other for signs of cold stress.
 - Allow employees to interrupt their work, if they are extremely uncomfortable.
 - Give workers frequent breaks in warm areas.
 - Acclimatize new workers and those returning after time away from work, by gradually increasing their workload, and allowing more frequent breaks in warm areas, as they build up a tolerance for working in the cold environment.

Note: See poster at end of this section to help you train your employees on Cold injuries.

Winter Working/Walking Surfaces



Slip and Fall injuries account for 15% of all work related injuries in the U.S. The risk of slip and fall injuries increase with the accumulation of snow and ice.

SIMA, the national nonprofit organization representing the snow removal industry, has some tips on safe winter walking.

- **Wear proper footwear.** Proper footwear should place the entire foot on the surface of the ground and have visible treads. Avoid a smooth sole and opt for a heavy threaded shoe with a flat bottom, and use your toes to 'grip'.



- **Accessorize to see and be seen.** Wear sunglasses so that you can see in the reflective light of the snow. Also, wear a bright coat or scarf so that drivers can easily see you.
- **Plan ahead.** While walking on snow or ice on sidewalks or in parking lots, walk consciously. Instead of only looking down, occasionally pause and scan from left to right to ensure you are not in the way of vehicles or other hazards.
- **Don't jump or slide.** Always focus on keeping your feet on the ground as much as possible while walking slowly. Sliding sounds like fun but can result in serious injury.
- **Be careful when you shift your weight.** When stepping off a curb or getting into a car, be careful since shifting your weight may cause an imbalance and result in a fall.

If you have any questions please contact me.

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COLD INJURIES

HYPOTHERMIA

- Shivering, confusion and loss of muscular control can occur.
- Can progress to a life-threatening condition.

WHAT TO DO:

- Get medical help immediately.
- Get the person indoors and gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.

FROSTBITE

- Skin appears white and waxy and is hard to the touch.
- No sensation - the area is numb.

WHAT TO DO:

- Get medical help immediately. A frostbite can result in amputation.
- **Do not** rub or massage the area.
- Warm the area gradually - use body heat or warm water, and ensure it stays warm.

FROSTNIP

- Skin appears yellowish or white but is soft to the touch.
- Painful tingling or burning sensation.

WHAT TO DO:

- **Do not** rub or massage the area.
- Warm the area gradually - use body heat (a warm hand) or warm water.

(Saskatchewan Health Authority, Dec 11, 2019)

