

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

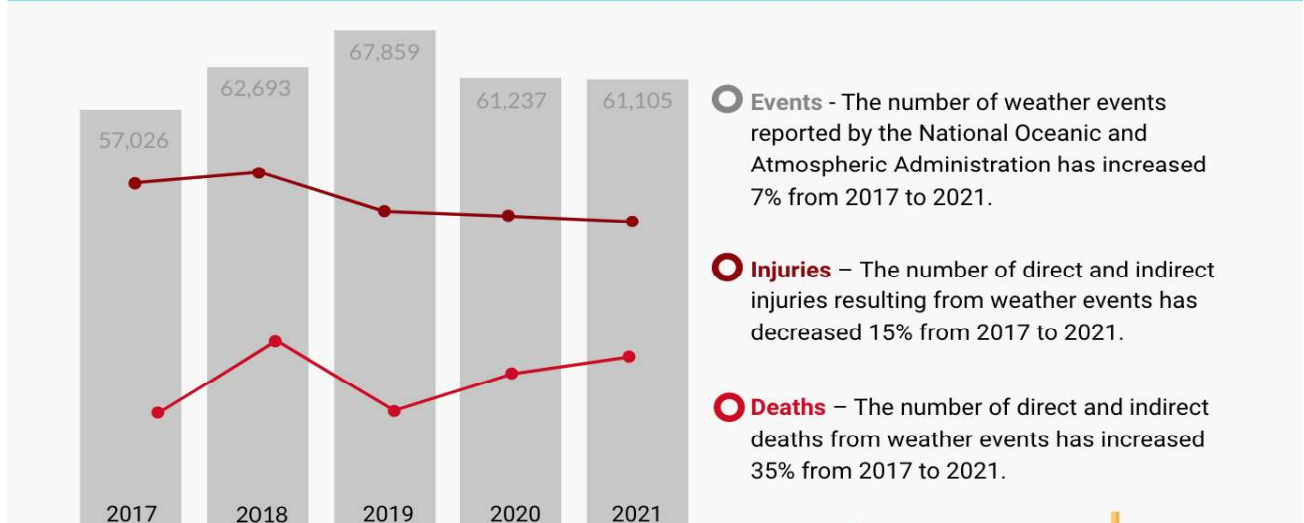
We are happy to provide you with a monthly topic for your agenda.

ROUTE TO:

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

November 2022

Winter Safety



(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.



Most dangerous weather event types in 2021

➤ Weather event types causing the most **deaths** in 2021:

1. Winter Weather

209 deaths



2. Heat

201 deaths



3. Flood

150 deaths



➤ Weather event types causing the most **injuries** in 2021:

1. Tornado

881 injuries



2. Winter Weather

254 injuries



3. High Winds/
Thunderstorm Winds

155 injuries



([National Safety Council Injury Facts](#), 2022)

Winter Safety



([NOAA website](#))

Anyone working in a cold environment may be at risk of cold stress. Some workers may be required to work outdoors in cold environments and for extended periods, for example, loaders and drivers; even fill plants often experience very cold temperatures.



What constitutes 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 it must be in the single digits before people consider the weather “extreme.” A cold environment forces the body to work harder to maintain its temperature.

Whenever temperatures drop below normal and wind speed increases, heat can leave your body more rapidly. 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, including cold stress (OSHA General Duty Clause)



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.

Source: [Saskatchewan Health Authority](https://www.saskatchewan.ca/health)



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.

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.

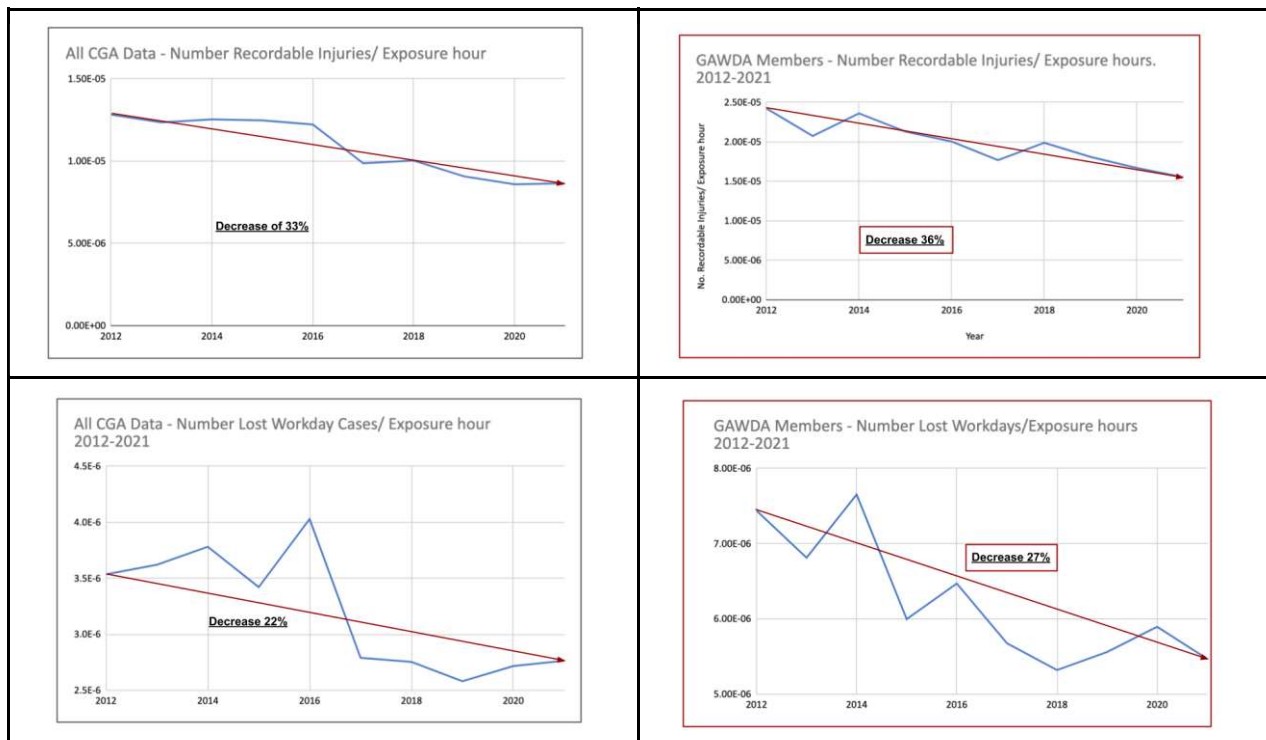


- **Plan ahead.** While walking on snow or ice on sidewalks or in parking lots, walk consciously. Instead of only looking down, occasionally pause and scan from left to right to ensure you are not in the way of vehicles or other hazards.
- **Don't jump or slide.** Always focus on keeping your feet on 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.



Safety Data from CGA

Since 2012 the Compressed Gas Association (CGA) has requested GAWDA members to share their OSHA 300A data, confidentially, to track trends concerning recordable injuries and illnesses. In return, CGA freely shared their publications in electronic format and the training video library. Recently, Rich Craig shared the cumulative data with me, and I am thrilled to share how well the combined CGA and GAWDA members performed. I am especially excited to share the amazing improvements participating GAWDA members have accomplished.



As you can see, from the larger scale increments for the GAWDA members, there is still quite a bit of room for improvement. However, the slope of the trend line for the GAWDA members is steeper than that of the trend line for All CGA data entries and demonstrates the greater amount of improvement from GAWDA members, particularly in the past few years.



This progress was possible, not because they shared their data, but because management, the C-Suite, demonstrated a commitment to improve the Safety Culture of their businesses.

Without investment from management:

- Physical investment - physically being present at the facility, asking people should safety improvements be made and supporting continuous training.
- Monetary investment - carving out time for employees to learn safe practices.

If you haven't subscribed to the CGA Safety Program, review the data below and find out how to subscribe.

If you have any questions about either of these topics, how to subscribe to the CGA program or any other OSHA, EPA or DHS questions please contact me.

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