

THE

# CONNECTION

JANUARY 2003



## COLD WEATHER TIPS



General good health and physical fitness can help you face winter with less danger of non-freezing and freezing cold injury.

Your age and how well your cardiovascular system works is a factor in how well you tolerate cold temperatures. People who are emotionally, physically, or persons with drug (or alcohol) problems are in the greatest danger when the weather becomes cold.

You are best protected if you know how to select clothing based on your intended activities in the cold and on predicted air temperature and wind speed.

Knowing early warning signs and symptoms of hypothermia and cold injury can help to prevent a much more serious injury.

Select loosely fitting, dry and clean clothing with snug, but not constricting, cuffs and sleeves.

Clothing that can be easily changed or adjusted helps to prevent getting too hot or too cold. Layering can give you the option of taking off articles when you become too warm or adding them back on when you are too cold. If there is wind, a top layer of tightly woven, snugly fitting, wind proof clothing will help keep you warm.

Checking every 10 minutes or so to be sure there is no loss of feeling in toes, feet, fingers, hands, ears or nose, especially if you've been sitting or resting.

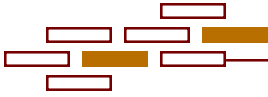
Even if it isn't a really cold day, keep a watch on anyone that seems to be feeling sleepy or chilled. Hypothermia can occur even when air temperature is 65 degrees, especially if clothing is damp and there's a wind.



If fingers or hands become either painfully cold, or have lost sensation, bring them inside your clothing against bare, warm skin. If toes and feet become numb or cold, get to a shelter, loosen or remove boots and socks and allow full rewarming, drying and recovery before re-entering the cold.

If you suspect there is frostbite of toes or feet, **DO NOT** massage or walk upon them. If it's the fingers and hands, **DO NOT** rub or use them. Keep cold damaged extremities immobile, protect them with warm, dry clothing and seek medical help immediately. **DO NOT** attempt self-treatment.

Cold-exposed people who are sleepy, lethargic, slow to respond or who begin behaving strangely may be hypothermic. Profoundly hypothermic people will appear to be dead, even to experienced medical and paramedical professionals. **DO NOT** attempt to treat them yourself.



**OVEREXERTION:** Shovel-ing snow, pushing a stuck car, or trekking in deep snow can put a lot of stress on your heart, causing a heart attack. Sweating could lead to hypothermia.

## NATIONAL WEATHER SERVICE WATCHES AND WARNINGS

### (WHAT DO THEY MEAN)

The National Weather Service issues outlooks, watches, and warnings for all winter weather hazards. Here's what they mean and what to do.

**Outlook:** Winter storm conditions are possible in the next 2-5 days. Stay tuned to local media for updates.

**Winter Storm Watch:** Winter storm conditions are possible within the next 36-48 hours. Prepare now!

**Winter Storm Warning:** Life-threatening severe winter conditions have begun or will begin within 24 hours. Act now.

**Blizzard Warning:** Snow and strong winds will combine to produce a blinding snow (near zero visibility), deep drifts, and life-threatening wind chill. Seek refuge immediately.

**Winter Weather Advisory:** Winter weather conditions are expected to cause significant inconveniences and may be hazardous. If you are cautious, these situations should not be life threatening.

**Frost/Freeze Warning:** Below freezing temperatures are expected and may cause significant damage to plants, crops, or fruit trees. In areas unaccustomed to freezing temperatures, people who have homes without heat need to take added precautions.

We welcome your comments and suggestions about the Connection. To submit articles and/or topic ideas, please call: (269) 629-9708 or send to P.O. Box 460, Richland, MI 49083. Also visit our website at: [www.CLS-Skilledlabor.com](http://www.CLS-Skilledlabor.com)

## HOW DO YOUR MATERIALS STACK UP?

More employees are injured in industry while moving materials than while performing any other single function. Every day, workers handle, transport, and store materials by hand, by manually operated materials-handling equipment, and by power operated equipment.

To see whether your department is meeting OSHA's materials handling and storage requirements, inspect your jobsite and ask yourself these questions:

Are people practicing proper lifting techniques?

Are stored materials stacked correctly?

Are materials stored so that they don't block fire exits, sprinklers, extinguishers, or emergency medical equipment?

Are materials handling devices in good repair?

Are people using materials handling devices when they need them?

Is there adequate clearance in the aisles?

Are tiered materials stacked, interlocked, limited in height, and stable?

Are storage areas free of tripping, fire, and pest hazards?

**Dress for the Cold:** Outer garments should be tightly woven, water repellent, and hooded. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves. Try to stay dry.



**What would Jesus Drive?**  
Jesus was a carpenter and, as anyone knows, carpenters drive pick-up trucks.



## ICE IS A FIRST-AID ESSENTIAL

When it comes to muscle strain, bruises and joint sprains, the immediate application of a cold element is the best form of first aid.

Ice can reduce the body tissue's temperature which helps constrict blood vessels, control bleeding and reduce pain. In First Aid and CPR, the National Safety Council (NSC) recommends ice massage, ice bags, cold-water immersion, cold-packs and chemical "snap packs" to treat injuries.

The NSC cautions, however, that ice should not be used for more than 30 minutes at a time to reduce the risk of frostbite.



Thank you to Dan Holmes for this very humorous Christmas card we received from him this year. It brought the office many good chuckles