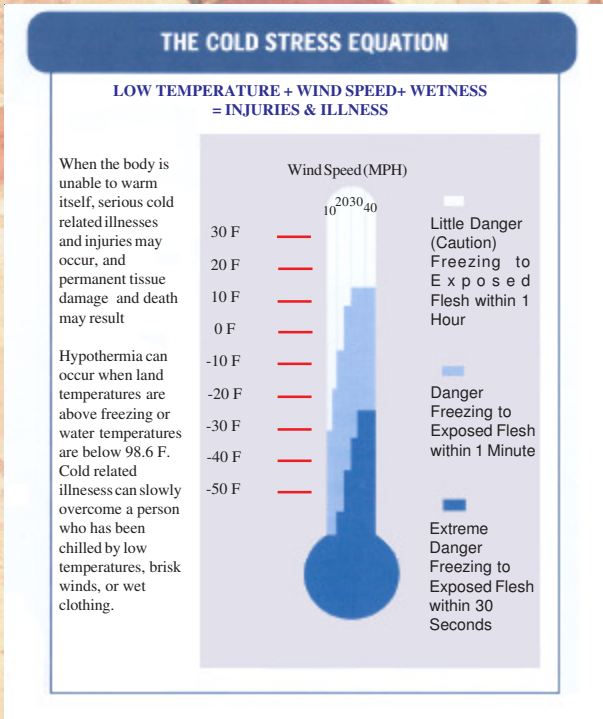


THE

# CONNECTION

NOVEMBER 2006



## WINTER STORMS

Midwest and Plains States are more likely to have heavy snow showers, blizzards, ice storms.

What kinds of injuries are associated with winter storms?

According to the National Weather Service about 70 percent of injuries during winter storms result from vehicle accidents, and about 25 percent of injuries result from being caught out in the storm.

Some of the hazards associated with working in winter storms include:

- Driving accidents due to slippery roadways

- Carbon monoxide poisoning

- Slips and falls due to slippery walkways

- Hypothermia and frostbite due to the cold weather exposure

- Being struck by falling objects such as icicles, tree limbs, and utility poles

- Electrocution due to downed power lines or downed objects in contact with power lines

- Falls from heights (e.g. falls from roof or skylights while removing snow)

- Roof collapse under weight of snow

- Burns from fires caused by energized line contact or equipment failure

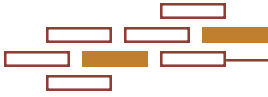
- Exhaustion from working extended shifts

- Dehydration

- Back injuries or heart attack while removing snow

Wind chill is an estimation of how cold it feels outside when the effects of temperature and wind speed are combined. Unprotected portions of the body, such as the face or hands, can chill rapidly and should be protected as much as possible from the cold wind. A 10 mile per hour wind combined with a 30 degrees F temperature can have the same chilling effect on the body as a temperature of 21 degrees F in a calm atmosphere.

Walking on snow or ice is especially treacherous and wearing proper footwear is essential. A pair of well insulated boots with good rubber treads is a must for walking during or after a winter storm. Keeping a pair of rubber overshoes with good tread which fit over your street shoes is a good idea during the winter months. When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction. When walking on a sidewalk which has not been cleared and you must walk in the street, walk against traffic and as close to the curb as you can. Be on the lookout for vehicles which may have lost traction and are slipping towards you. Be aware that approaching vehicles may not be able to stop at crosswalks or traffic signals. At night, wear bright clothing or reflective gear, as dark clothing will make it difficult for motorists to see you. During the daytime, wear sunglasses to help you see better and avoid hazards.



## Ice or Heat for Healing?

Heat and cold have opposite effects that can aid the healing of muscle strains and injuries, depending on the timing and type of injury. Here are some self-care guidelines:

**COLD** reduces blood flow to the injured area by constricting the arteries. This decreases bleeding, muscle spasm and pain. Cold is also a vital component of first-aid therapy: it reduces swelling, which can also reduce recovery time.

Remember RICE - rest, ice, compression and elevation.

Ice or cold packs are generally used for the first several days after an acute injury. Keep a damp cloth between the cold pack and your skin. Apply for 10 minutes twice a day.

**HEAT** increases blood flow to the injured area by dilating arteries. This can help promote healing in the sub-acute or chronic phases of an injury after swelling has subsided. Apply a heating pad or warm pack to the affected area for 15 minutes twice a day.

Whether using cold or heat, be careful to avoid frostbite or burns on your skin.

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## BE AWARE OF HOUSEKEEPING

### Where to Concentrate Efforts High Traffic Areas (Aisles and passageways)

Keep these areas free from the accumulation of materials, finished parts, and scrap. It is also important to keep materials from protruding into these areas. By permanently marking aisles and passageways, the importance of keeping these areas clear is communicated and they are more easily maintained.

### Stair/Platforms, Ladders

By keeping stair treads clear, the potential for slips and falls is reduced. The base of the stairs should also be kept clear to prevent a fall from the stairs onto materials being stored in the landing area.

### Work Areas

Good housekeeping and organization around workstations and machines is also very important. These practices help increase efficiency, reduce crowding and clutter, and provide a safer work area.

### Storage Areas

Since these areas are designed for the accumulation of materials, organization is key. Proper layout of materials for efficient space utilization will help control the buildup of materials in these areas.

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## HOME SAFETY FOR FALL

Before you use your fireplace, have a certified chimney sweep inspect and clean the flues of built up soot and creosote.

Inspect gutters for any debris and clean them of all materials.

Have a professional check your heating system yearly and replace the filter per manufacturer's instructions.

Check water lines and shutoff valves.

Check all sump pump lines and make sure the connections are tight.

Remove all outside garden hoses to prevent frozen pipes.

Seal with a weather resistant sealer to protect the deck from water damage.

Check all windows for leaks around the edges and make sure the locking system is secure.

State Farm Insurance

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)