

# Safety Educational Webinar Series – Winter Weather Safety

## Protect Yourself from the Cold

❄️ You are at risk if you work outside or in cold conditions ❄️

### Step 3: Know the Warning Signs

#### Health Problems:



Trench Foot



Frostbite



Hypothermia

#### Hypothermia—Don't ignore the signs!



Uncontrollable  
Shivering



Slurred  
Speech



Clumsiness



Fatigue



Confusion

Work in pairs so that you and a co-worker can spot danger signs in each other.

❄️ Follow these tips and stay safe in the cold. ❄️

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# Why We Are Here!?!?

- Routine work can dull alertness and create a relaxed attitude.
- In many jobs the same tasks are repeated with little thought.
- We may not recognize the importance for safety because we have been doing the same task for years.

# Overview

- Without some periodic reawakening to the ever-present hazards around us, lethargy deepens and the odds of an accident occurring increases.



# Winter Weather Safety Session Agenda

- ABCs of Snow Safety
  - Winter Weather's Effects On The Body;
  - Dressing To Impress;
  - Ice / Snow Traction Footwear;
  - Preventing Slips and Falls;
  - Moving Snow Safely;
  - Logs – Plowing, Shoveling, Salting;
  - Contractual Risk Management; and
  - Defensive Driving 101



# Session Objectives

# Who Is At Risk?

- Anyone who works outside is subject to cold weather injuries!



# Frostbite Hazards



## Wind Chill Chart



Temperature + Wind Speed = Frostbite

		Temperature (°F)																		
		Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind (mph)	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63	
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72	
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77	
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81	
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84	
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87	
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89	
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91	
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93	
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95	
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97	
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98		

Frostbite Times ■ 30 minutes ■ 10 minutes ■ 5 minutes

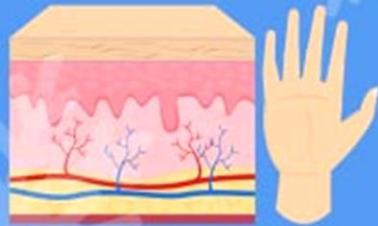
$$\text{Wind Chill (°F)} = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$$

Where, T= Air Temperature (°F) V= Wind Speed (mph)

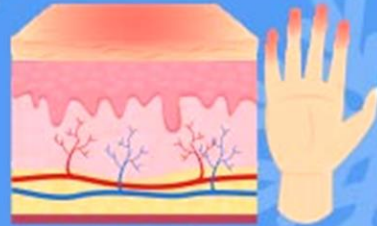
Effective 11/01/01

# Frostbite

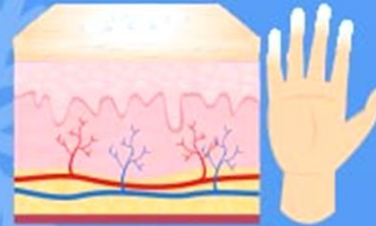
## STAGES OF FROSTBITE



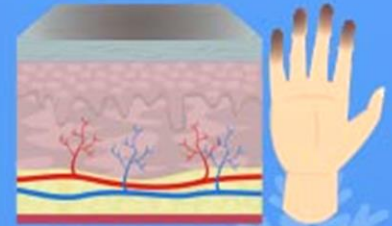
HEALTHY SKIN



1ST DEGREE



2ND DEGREE



3RD DEGREE



# Hypothermia

## Warning Signs of Hypothermia



Confusion



Shivering



Difficulty  
Speaking

ZZZ...



Sleepiness



Stiff  
Muscles

[weather.gov/cold](https://weather.gov/cold)



# Wear The Right Clothing

- Protection from cold, wind, and precipitation.
- Mom was right . . . cover your head!
- Don't forget about your feet.





# Avoid Slips and Falls

- Wear the right shoes.
- Transitioning is key.
- Avoid walking fast.
- Take careful steps.
- Be on the lookout for black ice.
- Keep your parking lots plowed and sidewalks shoveled.
- Avoid distractions while walking.
- Keep one hand on the railing when using stairs.



# Ice Cleats



Yaktrax Pro Snow & Ice Shoe Cleats - \$24.95

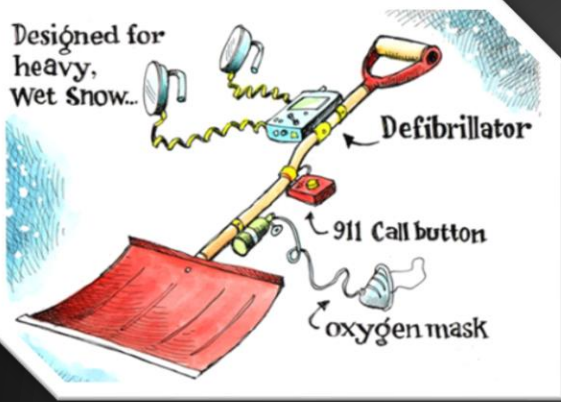


Geroline Mid-Sole Ice Cleats - \$30.00

# Ice Alert



Designed for  
heavy,  
Wet Snow...



# Shoveling

Did You know...?

On Average, how many  
Americans die each year  
from snow shoveling?

100



# Shoveling

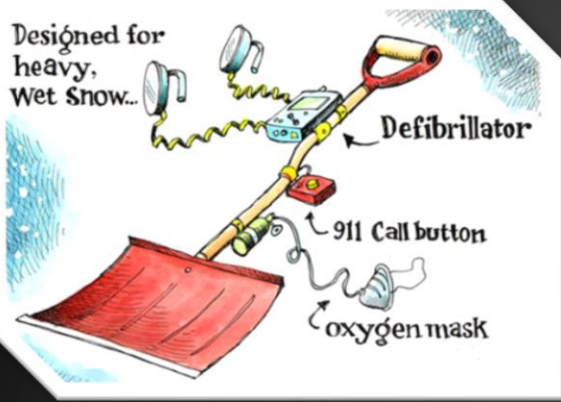
Did You know...?

From what cause?

# Heart Attacks



Designed for  
heavy,  
Wet Snow...



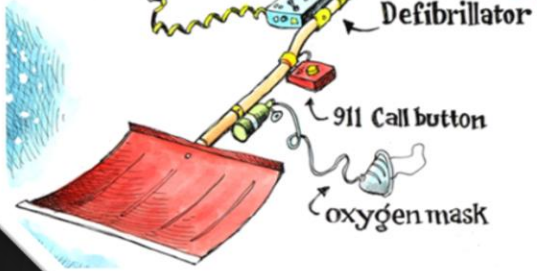
# Shoveling

Did You know...?

On Average, how many  
Americans are treated in  
the ER each year?

11,500

Designed for  
heavy,  
Wet Snow...

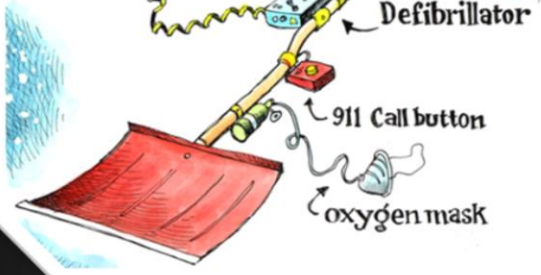


# Shoveling



## Lifting or Pushing?

Designed for  
heavy,  
Wet Snow...

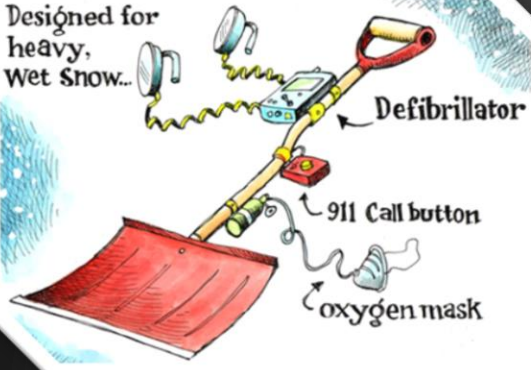


# Shoveling



## Twisting or Not Twisting?

Designed for  
heavy,  
Wet Snow...



Defibrillator

911 Call button

oxygen mask

# Shoveling



Small or Large?  
*Size does matter*

# SNOW REMOVAL SAFETY GUIDE

## Snow Plows & Blowers





# Snow Blower Safety

Did You know...?

On Average, how many  
amputations per year?

500



# Snow Blower Safety

Did You know...?

On Average, how many  
Americans are treated in  
the ER each year?

5,000



# Snow Blower Safety

Did You know...?

What is the common cause of these amputations and injuries?

# Clearing Jams



# Snow Blower Safety



## Vehicle Awareness

# Snowplow Safety

- Exercise caution.
- Maintain good steering capability.
- Stay clear of obstacles.



## SNOW & ICE REMOVAL LOG

Community Name: \_\_\_\_\_

Date:	Time:	*Surface Conditions:	Number of Workers:	Areas Treated:	Method of Treatment:	Time Completed:

\* Separate entry must be made for different surface conditions.



# Contractual Liability



# Extreme Driving Conditions

- Here in our State, fair weather driving days overwhelmingly outnumber the days when the weather is less favorable but that's only part of the problem.
- Most people have one set of driving skills, and they use those skills with little or no adjustment in whatever weather may come their way.
- So, when the weather takes a turn for the worse so do the odds of being in a motor vehicle collision!





# Smith System

- Aim High In Steering
- Get The Big Picture
- Keep Your Eyes Moving
- Leave Yourself An Out
- Make Sure They See You





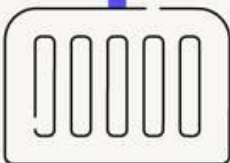
# What to include in your winter car emergency kit



Matches



Non-perishable snacks



Shovel



Reflective triangles



Toolbox



First aid kit



Ice scraper



Water



Blanket



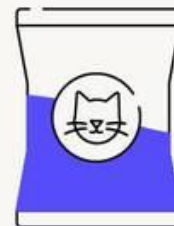
Jumper cables



Flashlight



Phone charger



Cat litter

# Questions, Comments or Concerns?

