

SPECIAL POINTS OF
INTEREST:

- Slips and Falls
- Cold Weather and Heart Disease
- Frost Bite
- Driving
- Plan Ahead
- Winter Driving Tips

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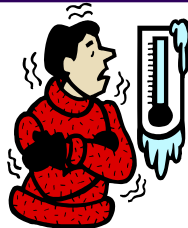
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Hats ON for Safety

VOLUME 1, ISSUE 14

NOVEMBER 2007



Brrrr!

Jack Frost will soon be knocking on our doors. After such a hot summer, he will be welcomed. Hazardous weather conditions are common in the North, but we don't want to overlook winter safety issues in the South. The number of days below freezing are minimal and snow accumulation rare making it that much easier for hazards to sneak up on us. There are many safety issues related to winter, but due to space, we only cover a few in this issue.

Slips and Falls Next to traffic accidents, slips and falls kill and injure more people each year than any

other type of incident. Here are a few precautions to consider:

Have water-absorbing mats, slip proof rubber mats, warning cones and handrails for steps.

Stock the following:



2-4 bags of salt
(covers one or two entrances)

2-4 bags of sand
(covers one or two entrances)

1 steel or iron rake for scraping ice off concrete walkways.

In the event of freezing rain or ice, distribute the salt first, followed by the sand. Place caution cones around hazardous areas.



Cold Weather and Heart Disease In the summer it is hot and we know not to get dehydrated or too warm. In the winter, since it's not hot, we don't realize how hard we're working when we're outdoors. Avoid sudden exertion, like lifting a shovel full of snow. In addition to the extra exertion placing a strain on the heart, the heart must work harder to circulate blood in cold weather.

Inhaling cold air can temporarily narrow arteries causing a short-term slow-down in blood flow to the heart.

Besides cold weather, high winds, snow and rain can steal body heat. Dampness causes the body to lose heat faster than drier conditions.

Wear a scarf or face mask for a buffer zone.

Frost Bite

What happens to the body: Freezing in deep layers of skin and tissue; pale, waxy-white skin color; skin becomes hard and numb; usually affects the fingers, hands, toes, feet,

ears and nose.

What should be done:

Move the person to a warm dry area

Remove any wet or tight clothing.

DO NOT rub the affected area this may cause damage

to skin and tissue.

Gently place the affected area in a warm water bath to slowly warm the tissue. Don't pour warm water directly on the affected area. Dry area and wrap it to keep it warm.

Driving

When driving during slippery and icy conditions, slow down and keep a safe distance from other vehicles, minimize brake use and remember that traction is greatest just before the wheels spin. Gentle pressure on the accelerator pedal when starting is the best method for retaining traction and avoiding skids. The most effective way to stop on ice and snow is to apply brakes gently. With an anti-lock braking system (ABS), a vibration or pulsation will be felt in the brake pedal when coming to a stop. This means the system is operating as designed to prevent wheel lock up. Do not pump your brakes if your car has ABS.

In addition, advise employees to keep seatbelts fastened and make certain that all passengers are securely restrained. When driving in falling snow or fog, lower speed, use low-beam headlights or fog lights, and keep a safe distance



Plan Ahead

- Install good winter tires
- Try to keep at least a half tank of gas
- Listen to weather reports for road conditions. When driving in severe conditions, try to send two people.
- Carry food and water, high energy snacks
- Carry flashlights with extra batteries, a first aid kit, blankets, matches, extra clothing and a brightly colored piece of cloth to use as a flag
- Carry sand or kitty litter for traction under wheels.

What are *YOU* worried about? Help us out by letting us know about safety topics that could help keep your workplace safe!

Winter Driving Tips

If your car will be parked for some time while it is snowing, try to back into your garage or parking space. When it's time to move, pulling out forward will be easier than backing out. For rear-drive cars, the bare spot where the car is standing may provide enough initial traction to get you going. For front-drive cars, backing up in snow is more difficult than for rear-drive cars so plan ahead.

If you have rear-drive, load your trunk with 200-300 pounds of sand or other similar heavy objects that you have in the garage.

You want as much weight as possible over the drive wheels (Though you may be tempted at times, please do not use your children as weights in the trunk).

► Make all moves slowly and carefully. This includes: starting, stopping, turning, speeding up and slowing down. Sudden moves and quick directional changes cause trouble when the traction is poor, especially on ice. Notice: Don't assume your four-wheel drive truck "Kin go evryware!" Contrary to popular belief, a four-wheel drive will slide and spin out just as easily on ice as any two-wheel drive vehicle.

► Try to avoid going up a hill right behind another car. If it loses traction and starts to slow down, you will more than likely get to know that driver better than you ever wanted.

► When approaching a hill, follow the other car at a significant dis-

tance and then pick your own pace and maintain it. Inertia is your friend while going up a hill with poor traction.

► To correct a skid, TURN-WHEEL IN THE DIRECTION

OF THE SKID. If your rear end starts sliding to the right, turn the wheel to the right, if your rear end starts sliding to the left, turn your wheel to the left. Do not apply brakes while in a skid.



► Keep an ice scraper and commercial de-icer in the car.

► Be sure to use your four-way flashers if you are moving much slower than other traffic, stopped in or near a traffic lane, or making an unusual maneuver, such as a U-turn (or if you simply must do doughnuts on the ice).

Some information in this newsletter was taken from www.occupationalhazards.com