



The CHESS Tournament

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Winter Storm Warning... Hazardous Weather Outlook... Dangerous Windchills

Possible record-breaking cold spell, with windchills cold enough to cause frostbite in just five minutes of exposure.

For body shops, all this snow means more crashes and a really busy time. Automotive repair shops will be busy replacing batteries and tires. And public works folks... well, they were up most of the night plowing.

Whether your job is affected by the weather or not, everyone should be taking precautions:

- If you have to be out, dress in layers. That helps trap air for insulation. Inner layers should wick sweat away and outer layers should block wind.
- Cover as much of your skin as you can - hats, mittens / gloves, and warm shoes or boots designed for snow and cold. A low-cost trick if your gloves aren't warm enough - wear surgical-type nitrile gloves under them.
- Stay dry! Water transfers heat much better than air. If you get wet, dry off immediately.
- When you can, delay outdoor tasks until mid-day, when temperatures go up.
- If you need to work outside, take breaks to warm up. Pace yourself, so you don't go from too cold to sweaty, and back to too cold. Drink warm liquids, but no alcohol.
- When you're driving, plan for the unexpected - accidents happen, cars break down. Even if you're going from a heated home garage to a heated garage at work, dress as though you have to be outside.
- Make sure batteries are charged - your car battery and your cell phone (in case you need to call for an emergency). Keep your gas tank filled.
- Be prepared - have emergency supplies in your car, such as blankets, first aid kit, extra clothing, and food (such as trail mix). Add a high visibility vest and warning triangles to be even better prepared.

What can cold do to you?

Frostbite:

Cause: Exposure to cold.

Symptoms: Skin become waxy, pale.

Treatment: Get to a warm area. Immerse skin (usually hands or feet) in warm, not hot, water. Don't rub the skin and don't use a hairdryer or heating pad on it.

Hypothermia:

Cause: Your body loses heat faster than it can produce it.

Symptoms: Shivering (but that stops once the body temperature drops below 95°F), slurred speech or mumbling, shallow breathing, weak pulse, lack of coordination, confusion or memory loss.

Treatment: Call 9-1-1. Remove any wet or damp clothes, cover person with warm blankets.

Trench foot:

Cause: feet exposed to cold and damp.

Symptoms: Skin gets red, numbness or tingling pain in feet, leg cramps, blisters, ulcers.

Prevention: Keep feet dry. Have extra socks available.

Treatment: Medical attention needed.

Stay safe, everyone!