

John Meola's Safety First!

Safety Meeting Topics
for WSA Members



January Safety Info



- Epic COLD!! General Arctic Safety Tips & Advisories – how to dress to stay warm
- Winter Vehicle Prep Reminders
- Reminder to Mitigate Ice/Snow Around Offices and Client Offices
- Dressing and Other Tips for Cold Weather
- Defensive Driving – Seasonal Best Practices

EXTREME COLD



- We have to adapt. Last year at this time it was in the 50's and above in most parts.
- Dress for the exposure – if you will be outdoors for extended periods, several layers of insulating clothing are advised.
- Long johns; union suit; insulated bibs or coveralls, etc.
- Remember, most heat loss is from upper body: vest, wool, flannel, scarf, helmet liner; fleece.
- Avoid standing directly on cold pavement.
- Use cardboard, plywood, etc. to insulate from cold surfaces.
- No loose ends- drawstrings, scarves, etc.
- Helmet liners, tuck straps.

WINTER VEHICLE MAINTENANCE

- Check your vehicle running gear for winter — i.e., Long-handled snow brush; ice scraper; de-icer; wiper blades
- Use WD-40 or similar on door seals, door locks, pad locks, other mechanisms, etc. That treatment will resist freezing.

REMINDER TO MITIGATE ICE & SNOW AROUND YOUR OFFICES AND CLIENT OFFICES



- Preseason maintenance- **CLEAN THE GUTTERS!** This prevents ice build up, which can tear the gutters off the building.
- Be aware of icicles build up on the eaves. Melting roof snow and ice will gradually form icicles overnight. Just closing a door may dislodge icicles!
- Ideally all personnel entrances will be **PROTECTED** with some type of canopy, roof or other sheltered area. Ice falling from eaves can cause serious injury, be aware of it.
- Plan for keeping walk ways clear. Look for low spots on pavement where poor drainage will create icy spots. Apply sand or warning. Keep a bucket of salt/sand mix handy.
- Use a cart or wheelbarrow to move materials – carrying a heavy bag of salt on icy surfaces is asking for slip & fall trouble.
- Report icy conditions to facility management – to help avoid accidents.

DRESS FOR SUCCESS (WARMTH & COMFORT)



Warm air trapped between layers of clothing helps insulate. Waffle pattern or wool fabric is good.

- Glove material is important. Insulation is important because extremities will lose heat faster. Bulky gloves decrease dexterity so you may need several pair to select from.
- Keep spare gloves warm when possible for a change out if needed. Cover exposed skin as much as possible – use lotion
- Shoe inserts, liners, double layer of socks.
- Exterior clothing should be wind resistant & insulated. Allow extra size-up for range of motion and mobility; avoid tight fitting garments.
- In the vehicle- usually a bulky coat is not needed since cabs will warm quickly. Use driving type grip gloves.
- Avoid wearing a bulky hat when driving. It can impair drivers vision.
- Use hand crème, lip cover, other skin protectant. Cold air is usually very dry.
- Extreme exposures: use dust mask or 'muffler' to avoid breathing in directly cold air..
- Wear eye protection or goggles to protect and minimize heat loss around the eye.

ERGONOMICS OF COLD WEATHER



- Do some warm-up 'limbering up' exercises before physical activity
- Even tossing a trash bag into a dumpster can cause a shoulder strain
- Use correct posture; heavier weight, get assistance; reduce size of load
- All those clothes you are wearing can cause constriction and limit range of motion, such as when climbing steps or a ladder.
- Stretch arms, legs, upper body rotations, neck rotations, etc.
- Select the best glove for your task. Short term exposure to cold does not usually require heavy insulation; high grip type gloves are preferred

DEFENSIVE DRIVING

DON'T LEAVE HOME WITHOUT IT!!

- Leave minimum of 4 second following distance to vehicle ahead of you.
- Be alert for Ice on roadway – bridge decks, certain other pavement configurations; slow down; do not try to rush.
- Do not be pressured by other drivers.
- Avoid non-essential driving in snow & ice.
- Carry extra weight amidships in winter for stability.
- Check your tires – pressure and tread.
- If stuck in deep snow – keep exhaust pipe clear.
- Keep an emergency kit in the vehicle for winter – check AAA web site.
- Newer roads are generally safer than older roads – better drainage, pavement, guardrails; alignment, line of sight, etc.

