



Safety Bulletin

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KSU Facilities

New Year's

Resolution

Happy 2015!

- I will participate in my company's safety training without rolling my eyes and maybe even ask some questions.
- I will commit to being responsible for my own actions and how they impact the safety of others.
- I will engage with my organization to make suggestions that make my workplace more safe and secure.
- I will understand that following the safety rules is part of my job.
- I will stop thinking "It won't happen to me," and start believing that without proper awareness, it is likely to happen to me.
- I will commit to wearing proper Personal Protective Equipment (PPE) when necessary.
- I will consider volunteering on my company's safety committee.
- I will not take my work for granted and I will respect the hazards of my job.

Most Importantly:

I will be present for work – I will be focused on my task because I understand that safety starts with being aware and focused on the task at hand.

OSHA[®] QUICK CARD[™]

Protecting Workers from Cold Stress

Cold temperatures and increased wind speed (wind chill) cause heat to leave the body more quickly, putting workers at risk of cold stress. Anyone working in the cold may be at risk, e.g., workers in freezers, outdoor agriculture and construction.

Common Types of Cold Stress

Hypothermia

- Normal body temperature (98.6°F) drops to 95°F or less.
- **Mild Symptoms:** alert but shivering.
- **Moderate to Severe Symptoms:** shivering stops; confusion; slurred speech; heart rate/breathing slow; loss of consciousness; death.

Frostbite

- Body tissues freeze, e.g., hands and feet. Can occur at temperatures above freezing, due to wind chill. May result in amputation.
- **Symptoms:** numbness, reddened skin develops gray/white patches, feels firm/hard, and may blister.

Trench Foot (also known as Immersion Foot)

- Non-freezing injury to the foot, caused by lengthy exposure to wet and cold environment. Can occur at air temperature as high as 60°F, if feet are constantly wet.
- **Symptoms:** redness, swelling, numbness, and blisters.

Risk Factors

- Dressing improperly, wet clothing/skin, and exhaustion.

For Prevention, Your Employer Should:

- Train you on cold stress hazards and prevention.
- Provide engineering controls, e.g., radiant heaters.
- Gradually introduce workers to the cold; monitor workers; schedule breaks in warm areas.

For more information:

OSHA[®] Occupational Safety and Health Administration

U.S. Department of Labor
www.osha.gov (800) 321-OSHA (6742)



Be Safe



While You Work



So You Go Home Safely