



## CLEVELAND INTEGRITY SERVICES, INC.

### Monthly Safety Newsletter

December 2, 2015

### Winter Weather Awareness

Winter weather is just around the corner and can create a variety of conditions including snow, ice, rain, and freezing temperatures. Each one of these weather conditions is associated with different hazards, but with a little bit of preparation and awareness, you can be safe in all kinds of weather. Below are things to keep in mind so you can be ready when winter weather hits.

**Driving:** It's important to maintain a safe speed in bad weather. Allow extra space between your vehicle and the one in front of you. Avoid sudden stops and quick direction changes. Keep your windshield, windows, and mirrors clear. This can be accomplished while performing your 360 walk around. Always buckle your seat belt and make sure your passengers do too. Ensure someone knows your route and try to limit your travel to the day time. Avoid side roads.

**Slips, Trips, and Falls:** Walk carefully and always keep your eyes on your path. Avoid walking on wet or slippery surfaces whenever possible. Report slip and fall hazards when you encounter them. Wear appropriate footwear that will provide good traction. Give yourself extra time to get where you're going. Wear eye protection to ensure that wind, rain, and snow don't affect your ability to see clearly.

**Hypothermia** can become a deadly health condition. It occurs when your body loses heat faster than it can produce heat. When your body temperature drops to 95°F or below (normal temperature is 98.6) your heart, nervous system, and other major organs cannot work properly. This can lead to heart failure, respiratory failure, and death. Symptoms include clumsiness, lack of coordination, slurred speech, confusion, drowsiness, or a combination of these. Hypothermia requires immediate medical attention. **Frostbite** occurs when the fluids and tissues of the skin freeze. It also requires immediate medical attention. Severe cases may require amputation of the frostbitten area. Frostbite most often affects the feet and hands. Symptoms include a cold, tingling, or stinging feeling, followed by a numbness in the affected area. Changes in skin color are also a sign of frostbite. If you suspect frostbite, do not rub the skin. Get medical attention immediately.

**Hypothermia/ Frostbite Prevention:** can be avoided if you dress for weather. Layer your clothing. The inner layer should wick away moisture, the middle layer should absorb perspiration and retain warmth, and the outer layer should protect against wind and allow for some ventilation. Be sure to keep your feet and hands warm and dry. Bring a change of clothes to work so you can change into dry pants, gloves, or socks in case the things you are wearing get wet. Know the symptoms of hypothermia and frostbite. Take a break to get warm when you need to. Work with a partner and keep an eye on each other.

**Wind chill** is the measure of how cold the air feels when taking into account the temperature as well as the wind, since it can make the apparent temperature considerably colder. Lower temperatures combined with higher wind speeds will make you more vulnerable to hypothermia and frostbite. Be sure to take this into account when making the determination of the possible outdoor temperatures and work durations.

**Preventative Measures** include: drinking plenty of liquids, avoiding caffeine and alcohol. It is easy to become dehydrated in cold weather. If possible, heavy work should be scheduled during the warmer parts of the day. Take breaks out of the cold setup a work/warmup schedule. Try to work in pairs to keep an eye on each other and watch for signs of cold stress. Avoid fatigue since energy is needed to keep muscles warm. Take frequent breaks and consume warm, high calorie food such as pasta to maintain energy reserves. Clear common pathways of snow and ice and put a layer of sand or salt. Conduct regular inspections on your cold weather supplies to ensure you have plenty in stock.

**Be Prepared for Winter Weather.** Have a plan. You can protect your family, your home, and your car by planning ahead. Before the start of the winter season, create a home disaster supply kit that includes a weather radio in case you become isolated in your home due to weather conditions. Be sure your cell phone is charged or setup other means of communication. You should also keep a winter emergency kit in each of your vehicles. Make sure you have good winter tires with enough tread. Try to keep the gas tank at least half full in case heavy snow causes severe traffic delays or you need to drive to an emergency shelter. Conduct regular maintenance on your vehicle.



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Questions for Discussion

What potential hazards caused by winter weather do you see on the jobsite? What steps can be taken to protect yourself and others?

Three horizontal lines for writing.

Please list one or more near misses that has been addressed on your current project. What steps were set in place to prevent the potential near miss or incident from happening again?

Two horizontal lines for writing.

In the past month have you authorized payment to a contractor for work performed? Please give an example.

Two horizontal lines for writing.

In the past month have you rejected any work performed by a contractor based on your judgment of the work quality? Please give an example.

Two horizontal lines for writing.

Near Misses reported in November

Driving Safety

Due to severe weather (dense fog and rain) a sub-contractor was involved in a non-work related MVI with a semi in the fog while driving to an unrelated jobsite.

Crews discussed journey management and contractor safe work expectations and communication strategies to ensure all workers get to and from work safely.

Two vehicles parked side by side and both started to move at the same time in the same direction. Noticed the potential impact.

Stopped both drivers who were not aware the other was moving their vehicle at the same time preventing an accident.

Spotter Safety:

When changing positions of the pipe to determine the cut point during a tie in, the worker signaling the operator left one hand on the side of the pipe, when the operator pulled up and the pipe shifted from below it bounced on the side of the pipe missing his fingertips but was so close that it pushed the workers hands off the pipe. Another millimeter and he could have lost fingers.

Work was stopped, the workers hand was checked/inspected, and a discussion about situational awareness and body placement ensued and then work resumed.

You guys be safe and have a blessed day.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Job Title: \_\_\_\_\_ Date: \_\_\_\_\_