

JANUARY 2021

PMCCI Safety Newsletter

Cold weather hazards:

Chilblains:

Caused by prolonged skin exposure to cold and wet temperatures. Chilblains often presents itself as an itchy, tender, red or purple swelling.

Hypothermia:

Presents itself in 3 stages (Mild, moderate, severe) with similar symptoms (shivering, cognitive function, motor function) getting worse as the stages progress.

Dehydration:

Dehydration is as common in the winter as it is in the summer and a dehydrated body is more susceptible to the common cold/flu.



Working through winter: Cold winter hazards and information you should know

A cold environment forces the body to work harder to maintain its temperature. Cold ambient air temperature, water and snow all draw heat from the body. As counterintuitive as it may sound, shorter shifts during cold weather can increase productivity while protecting the health of the workers. Administrative controls like this helps reduce the physical demands on workers, and, in the long run, actually increases productivity and worker safety.

Construction heater safety



- **Do not** store or use gasoline/other flammable vapors and liquids in the vicinity of this appliance.
- These types of heaters produce small amounts of **Carbon monoxide (CO)**, a toxic gas that can cause death if exposed to too much and too long.
- Symptoms of CO poisoning include:
 - Headache, dizziness, burning eyes and nose, nausea, dry mouth/sore throat.
- **VENTILATION: Minimum opening/clearance requirements:**
 - 2 feet opening near floor & ceiling.
 - 4 feet from the sides
 - 6 feet from the top
- **ODOR**
 - LP/natural gas has no odor. Generally, companies add a chemical to give it a distinctive "Rotten eggs" smell.
 - Be aware/alert of what the odor smells like and what to do if a leak is detected.

Dress for success

Proper winter gear can prevent a worker from suffering a serious injury on the job. Here are some ways workers can stay warm during the winter season.

Multiple layers of clothing

- Avoid bulky outer layers by starting with the right undergarments.
- Moisture wicking material like polypropylene.
- Thermal underpants/long sleeve

Warm Socks

- One way to ensure your feet stay warm and dry is to have an inner sock made of silk/nylon and a larger outer sock to keep your feet comfortable.



Keep the head and neck covered

- Headgear, balaclavas, liners etc. are essential to reduce heat loss.