

# Don't Loose Your Head Read Signs a Head!



## Getting Ready for Winter

### How to Protect Workers

- Recognize the environmental and workplace conditions that lead to potential cold-induced illnesses and injuries.
- Learn the signs and symptoms of cold-induced illnesses/injuries and what to do to help the worker.
- Train the workforce about cold-induced illnesses and injuries.
- Select proper clothing for cold, wet, and windy conditions. Layer clothing to adjust to changing environmental temperatures. Wear a hat and gloves, in addition to underwear that will keep water away from the skin (polypropylene).
- Take frequent short breaks in warm dry shelters to allow the body to warm up.
- Perform work during the warmest part of the day.
- Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- Use the buddy system (work in pairs).
- Drink warm, sweet beverages (sugar water, sports-type drinks). Avoid drinks with caffeine (coffee, tea, or hot chocolate) or alcohol.
- Eat warm, high-calorie foods like hot pasta dishes.

### Workers Are at Increased Risk When...

- They have predisposing health conditions such as cardiovascular disease, diabetes, and hypertension.
- They take certain medication (check with your doctor, nurse, or pharmacy and ask if any medicines you are taking affect you while working in cold environments).
- They are in poor physical condition, have a poor diet, or are older.

### December Training Dates

- SFA/CPR 12/1
- Van Training 12/2
- Defensive Driving 12/9

Have a Great Holiday!



This winter prevent devastating slips, trips and falls. Order your slip resistant shoe covers from the storeroom. If you order Yak-Traks remember do not wear them indoors. You will fall.



## Does your Gas Can meet OSHA requirements?

Recently, when I went on vacation, while I was flying, I sat next to a lady from Kansas City who was an attorney. During the conversation she explained that she specialized in burn victims that were burned from using non-approved safety gas cans. She told story after story about the victims and their families, the extreme pain, suffering and loss of life involved when burned. It was a critical reminder that as an organization we need to provide our workers with appropriate safety gas cans. If you are using this type pictured they are not approved:

### **ALERT**

**Recent Report  
Needles found in  
trash can at KSU.  
Be Careful!**



**Thank You to Steve Greinke and his crew for safely handling the situation.**

OSHA Standard 29 CFR 1926.152(a)(1) states: only approved containers and portable tanks shall be used for storage and handling of flammable and combustible liquids. Approved safety cans are metal closed containers of no more than 5 gallon capacity, having a flash arresting system, spring closing lid and spout cover and so designed that it will safely relieve internal pressure when subject to fire exposure. Check yours today. Does it meet code?

Please note: I released the above OSHA requirement in the September 2009 Safety Bulletin. I am concerned because I still finding unapproved gas cans being used in departments.

