

October 30, 2014

# Safety Bulletin



## What are the benefits of Safety Training? Wikipedia says:

An effective training program can reduce the number of injuries and deaths, property damage, legal liability, illnesses, workers' compensation claims, and missed time from work. An effective safety training program can also help a trainer keep the required OSHA mandated safety training courses organized and up-to-date.

Safety training classes help establish a safety

culture in which employees themselves help promote proper safety procedures while on the job. It is important that new employees be properly trained and embrace the importance of workplace safety as it is easy for seasoned workers to negatively influence the new hires. That negative influence however, can

be purged with the establishment of new, hands-on, innovative effective safety training which will ultimately lead to an effective safety culture. A 1998 NIOSH study concluded that the role of training in developing and maintaining effective hazard control activities is a proven and successful method of intervention.

## KSU Division of Facilities Safety Training in ACTION



# OSHA<sup>®</sup> QUICK CARD<sup>™</sup>

## 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<sup>®</sup> Occupational Safety and Health Administration**

U.S. Department of Labor

[www.osha.gov](http://www.osha.gov) (800) 321-OSHA (6742)

OSHA 3156-02R 2014



Slip Resistant Shoe Covers are available through the Facilities Storeroom to help prevent slips on snow and ice. Please make sure you are wearing protective shoe covers when working on snow and ice. Remember to walk like a penguin, short strides.

