

Cold Stress

November Vivid Courses:

All: Lock and Tag
Cold Stress

Cold stress or hypothermia can occur any time of the year. Most cases of cold stress develop in air temperatures between 30° and 50° F. Injuries range from frostbite to brain damage and death.

If you are in the cold, dress in layers. Choose fabrics such as cotton and wool, which insulate but also allow sweat to evaporate. Wool will keep you warm even when it is wet. Pay particular attention to your head, face, hands, and feet. These areas are most easily frostbitten. Keep dry. Wetness increases the chance of hypothermia. Always have extra clothing available if there is a chance you will get wet.

- Take breaks to warm up and drink warm liquids and soup. Avoid caffeine and alcohol.

- Eating properly will increase your tolerance for the cold.

Don't work alone. The effects of cold may not be apparent to the victim. The first symptoms of hypothermia are uncontrollable shivering. The heartbeat slows and pulse weakens, severe shaking or stiff muscles may become evident. The victim may have slurred speech, memory lapses, and drowsiness. Cool skin, slow and irregular breathing and exhaustion occur as the body temperature drops lower. This is a serious condition and requires immediate medical attention.

Frostbite can occur without hypothermia. You may feel a tingling in the affected part, followed by numbness and changes in skin color. Pain subsides as the condition worsens. Blisters may form. Get medical attention as soon as possible.

Source: <http://safetytoolboxtopics.com/Seasonal/cold-stress.html>

Lockout Tagout

Anyone who operates, cleans, services, adjusts, and repairs machinery or equipment should be aware of the hazards associated with that machinery. Any powered machinery or electrical equipment that can move in a way that would put people in danger is a hazard that can be prevented by following locking or tagging procedures. Failure to lock out or tag power sources on equipment can result in electrocutions, amputations, and other serious-sometimes fatal-accidents.

What are the most common causes of these accidents?

- The machine or piece of equipment was not completely shut off before a maintenance or repair operation. Not only must the machine be turned off but also the power source that goes to it.
- The machine was turned on accidentally, either out of carelessness or because the person who turned it on didn't realize that another worker was there and could get hurt.
- The machine wasn't working correctly but wasn't fixed, turned off, locked or tagged, and someone who didn't know about the problem used it.
- Moving equipment wasn't blocked.
- Safety procedures were inadequate or hadn't been properly explained.

Remember the dangers and be on your guard around any machinery and moving equipment. Even if you don't operate the machinery, you could get caught in it and injured if it isn't properly disconnected.

So what can you do to prevent accidental injury from moving machinery?

- Ensure you know the hazardous energy associated with your equipment prior to doing any work on it.
- Ensure you know all the energy that could affect the task (electric, gravity, water, pneumatic, hydraulic, steam, etc)
- Ensure you control the accidental release of the energy prior to working on the equipment through lockout, tagout or alternative measures identified for your specific equipment.
- Never reach into moving equipment. In even the blink of an eye you could have a life changing injury.
- Test the energy after you believe it to be isolated. This is one of the most overlooked steps and probably the most important. Employees think they have isolated the energy at the source, but it isn't for one reason or another.



Be aware of your personal safety and the safety of others when working with or around moving equipment and machinery. Always follow proper lockout and tagout procedures, even for a quick or minor repair!

Source: <http://safetytoolboxtopics.com/LOTO/lockout-tagout-2.html>