Stony Brook University

SAFETY TALK

Environmental Health and Safety Newsletter January 2017

Working in the Cold

Stay Up-to-Date
- Be aware of current weather conditions
- Stay informed of potentially hazardous weather
- Monitor weather forecasts

Dress Appropriately
- Wear layers of loose fitting clothing
- Stay dry with water resistant clothing
- Wear windproof material as an outer shell
- Wear clothing with proper ventilation

Protect Head, Feet and Hands
- Keep head covered whenever possible
- Protect feet with insulated socks, wear two pairs if feasible
- Wear the right gloves for the work you are doing. Gloves should have enough insulation to keep you warm and prevent frostbite, but be thin enough so you can feel what you are doing if you are manipulating controls or tools. Gloves which are too thick can also make your hands and wrists work too hard trying to hold on to objects, causing repetitive strain injury.

Hypothermia: Normal body temperature (98.6º F / 37º C) drops to or below 95º F (35º C); fatigue or drowsiness; uncontrolled shivering; cool bluish skin; slurred speech; clumsy movements; irritable, irrational or confused behavior.

- Contact University Police (x2-3333).
- Move the person to a warm, dry area. Don't leave the person alone. Remove any wet clothing and replace with warm, dry clothing or warp the person in blankets.
- Have the person drink warm, sweet drinks (sugar water or sports-type drinks) if they are alert. **Avoids drink with caffeine** (coffee, tea or hot chocolate) or alcohol.
- Have the person move their arms and legs to create muscle heat. If they are unable to do this, place warm bottles or hot packs in the arm pits, groin, neck, and head areas. **DO NOT** rub the person's body or place them in warm water bath. This may stop their heart.

Date:	
Department:	
Supervisor ***(please print)*****:**	
Supervisor Signature:	
Employee Participants: ***Please Print Clearly***	*Signature*

Environmental Health and Safety

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Supervisor must perform safety talk for the noted month and ensure all employees sign off on this form. Completed form is to be kept on file by department.