Dangers of Working in the Cold Weather
Provided by Curt Speck, President, Safety Resources Company of Ohio and SCSC Steering Committee Member

Lost time injuries and illnesses resulting from “environmental cold” spiked in nearly 142% in 2018 according to the Bureau of Labor Statistics and the trend is continuing. This indicates a potential lack of employer and worker understanding about the dangers of cold stress.

It is important to note that while OSHA does not currently have a standard that covers work in cold environments, it can enforce the General Duty Clause which requires employers to provide a workplace “free from recognized hazards”. OSHA and NIOSH both advise employers to educate workers about conditions that can cause cold stress, the symptoms to be alert for and how to prevent those conditions. OSHA also instructs employers to educate workers on how to dress appropriately for cold conditions as well as monitoring employees and providing places to warm up.

Cold air temperatures combined with wind and moisture accelerate cold related issues. Water, including sweat, can displace body heat 25 times faster than dry air. This is also why wind chill is an important factor to understand.

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Happy 2022!
TWO FREE WEBINARS TO CHOOSE FOR JANUARY:
The Stark County Safety Council & the Eastern Stark County Safety Council are hosting this free webinar:
Railway Safety For Drivers
Thursday, Jan. 27
12 noon
Jim Hill, Vice President Wheeling & Lake Erie Railway

Summit County Safety Council is hosting this free webinar:
Virtual OSHA / PERRP Recordkeeping Open House
Monday, January 31
11:00 AM
Carol Grey, CSP Industrial Safety Consultant Specialist, Ohio BWC

Attend one or both. See page 3 for details and how to join one the free webinars. All are welcome, you do not need to be a SCSC member to attend.
Always check local weather forecasts in order to prepare properly for the conditions. The American Conference of Governmental Industrial Hygienists has developed a work/warm-up schedule for four-hour shifts which is available on OSHA’s website. This schedule is a sliding scale that accounts for air temperature and wind to make recommendations for safe work in the cold.

Expert recommendations to help prevent cold stress include clothing and personal protective equipment. Layering clothing provides better insulation and allows workers to remove layers if they become too warm to prevent sweating or to remove layers if clothing becomes wet. A waterproof outer layer is especially important when working in wet, cold environments and should also include ventilation to prevent overheating. Middle layers should be made of wool or synthetic materials that can provide insulation even when wet while an inner layer of wool, silk, or synthetic material such as polypropylene is ideal to keep moisture wicked away from the body. Body heat readily escapes from the head and extremities (ears, feet, hands) so it is important to keep them covered. Clothing should be fitted properly. Tight fitting clothing can impede circulation which is the body’s source of heat. Footwear should be insulated and waterproof. Be sure not to overcrowd feet with extra socks. This reduces the insulating properties of the socks and makes footwear too tight which can slow blood flow to the feet and toes.

**Conditions to watch for:**

**Hypothermia** — hypothermia is one of the greatest dangers facing people who work in the cold. This is a medical emergency that occurs when the body temperature drops below 95 degrees Fahrenheit. According to OSHA, an important milder symptom of hypothermia is uncontrollable shivering, which indicates the body is losing heat and trying to rewarm itself. Other symptoms include fatigue, confusion, loss of coordination and slurred speech. Shivering may stop in late stages of hypothermia along with loss of consciousness, blue skin, dilated pupils and slowed pulse and breathing. For all cases of hypothermia, contact 911 immediately. The victim should be handled carefully and moved to a warm, dry area. Wet clothing should be removed and replaced with dry clothing or blankets. If further warming is needed it should be done gradually focusing on the center of the body – neck, chest and groin – using dry compresses, an electric blanket or hot water bottles wrapped in a towel. Do not try to warm the person too quickly or aggressively and do not give the person alcohol or tobacco products which interfere with re-warming efforts.

**Frostbite:** this condition is the result of freezing skin and surrounding tissues. In severe cases it can lead to amputation of body parts or severe damage to the body. Signs include white/gray patches on the fingers, toes, nose or earlobes. Skin can also appear bluish, gray, pale or waxy. Workers affected may complain of tingling, loss of feeling or aching and may have blisters. Anyone experiencing frostbite needs to be taken to a warm place as quickly as possible and medical attention should be sought. If the feet or toes are affected the victim should avoid walking to prevent additional damage. Once the person is removed from the cold the affected area should be immersed in warm – not hot – water. Loose, dry cloth can be used to protect the area until medical help arrives. Don’t rub the affected area or use direct heat – this can cause damage to the skin or burns. If there is the potential to freeze again, do not thaw the area. This can cause additional damage. As with hypothermia, you can offer warm, sweet, nonalcoholic beverages to a frostbite victim.
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**Trench foot:** also known as immersion foot, this can occur in temperatures as high as 60 degrees F if a worker's feet are constantly wet. Warning signs include reddening skin, tingling, numbness, leg cramps and blistering. Steps to take if a worker is suffering from this condition include removing shoes and wet socks, cleaning and drying the feet and applying heat packs for up to five minutes. Walking should be avoided because it can further damage. If home treatments fail to improve symptoms, seek medical attention.

**Chilblains:** a painful inflammation of the small blood vessels in the skin of the hands and feet that occur in response to repeated exposure to cold – not freezing – air. This condition can occur in temperatures as high as 60 degrees F. Symptoms include redness, itching and blisters. Victims should avoid scratching the skin. Skin should be slowly rewarmed. Treatment involves protecting yourself from the cold and using lotions to ease the symptoms. Chilblains usually clear up within one to three weeks. Seek medical care to check for complications if the pain is unusually severe, you suspect infection or if the symptoms are not improving after one to two weeks. Victims with diabetes or poor circulation can have impaired healing. Be cautious and seek care as needed.

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**January SCSC Webinars-Choose one or both!**

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**OSHA / PERRP VIRTUAL WORKSHOP**

*FEATURING*

**Cari Gray, CSP**

*Industrial Safety Consultant Specialist Ohio BWC*

Monday, Jan 31

11 a.m.

**OSHA / PERRP Virtual Recordkeeping Workshop**

Presented by: Cari Gray, CSP

*Industrial Safety Consultant Specialist, Ohio BWC*

Join us along with the Summit County Safety Council for a free, virtual OSHA Recordkeeping Open House including:

- Brief overview of OSHA / PERRP decision tree (what goes on the log)
- Short discussion of OSHA / PERRP 300A Summary that should be posted Feb 1 - April 30
- Reminder about online OSHA reporting due March 2 (PERRP Feb 1)

After this quick review - the session will be open for questions from attendees.

To register:
https://us02web.zoom.us/meeting/register/tZApceyhqjwuGNC1jO2omcz9Jn
xzgev31a6F
Safety Tip of the Month

Carbon Monoxide Safety

Did you know?

More than 150 people in the U.S. die every year from accidental nonfire-related carbon monoxide poisoning.

Carbon monoxide or CO is a colorless and odorless gas. CO poisoning can occur when a fuel-burning appliance or machine, such as a furnace, heater or generator, is not working or vented properly. Breathing in CO at high levels can be fatal.

Learn what you can do to protect your family from the dangers of CO.

✔️ Install and maintain CO alarms inside your home to provide early warning of CO.

✔️ Install CO alarms in a central location outside each separate sleeping area and on every level of your home.

✔️ Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.

✔️ Make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.

For more information and free resources, visit www.usfa.fema.gov
Repetition-Awkward Postures-Manual force are precursors to a soft tissue injury. An injury control issue is a timely reporting of discomfort or a burning sensation to the muscle and intervention. A facility wide SOP should include an early reporting procedure for injuries of this type. **Prompt an early administrative and equipment intervention is important for injuries of this type.**

**Question:** Employees who work on vehicles, engines etc., are placed into very awkward postures- sometimes a very basic / common sense intervention will eliminate/greatly reduce the hazard.

**How would you classify this equipment intervention attempt to better position a mechanic doing this type of engine work?**

1. Moderate impact
2. High impact
3. Low cost - No impact
4. Low-cost intervention – high impact
5. Forget it call Cari and Sally
6. Minimal impact – low cost

**Answer #4** – any intervention which reduces awkward postures is a plus. In this case a Mechanics access ladder, which is less than $300 better positions the employee and reduces climbing on and off the engine – also reduces/eliminates usage of manual force, when doing extended reaching with hand tools.

**3 Key Points to Remember:**

1. Reporting signs and symptoms early is important.
2. Low-cost interventions work.
3. You can help your company put ergonomics changes into place

BWC Ergonomics can help you with this and many other ergo issues.
FREE BWC SAFETY CLASSES

See pages to follow for upcoming Virtual Training Classes (VTC) offered by the Ohio BWC.

Resources

For the latest info on COVID-19 visit www.coronavirus.ohio.gov
• For the latest information on COVID-19s effect on BWC, email BWCCOVID19@bwc.state.oh.us
• The BWC Library creates a monthly ‘Safety Update’ available at www.bwc.ohio.gov
• Occupational Health & Safety Administration—www.osha.gov

Your Stark County Safety Council is hoping you are well and staying safe.

If you have any questions, please contact Angie Glancy at scsc@cantonchamber.org or (330) 456-7253.

Safety Council Officers & Contributing Members

Chairperson
Katie Woodhall
(kwoodhall@sparrow-tale.com)

Canton Regional Chamber Representative
Angie Glancy
(scsc@cantonchamber.org)

Newsletter Coordinator
Karen L. Bostrom (kbostrom@kwgd.com)

Ohio BWC Representative
Deb Bailey (Deborah.b.1@bwc.state.oh.us)
BWC now offers virtual safety training classes. BWC virtual training classes (VTCs) provide an opportunity for students to learn remotely at the convenience of their home or worksite. VTCs are instructor-led classes providing the opportunity for participation and interaction consistent with the comparable BWC in-person class experience. VTCs offer the same continuing education units (CEUs)* and the same BWC program credits as the equivalent in-person class.

### System Requirements
- Computer with microphone and speaker set-up utilizing a headset or other low feedback system
- Internet access
- Must download WebEx player before entering training
- Must have a working email address in student’s registration account within BWC Learning Center
- iPads, Android tablets, and cell phone have limited functionality and we DO NOT recommend their use for online training

### Necessary for a Student Completion
- Sufficient content time in WebEx to match credits assigned to class
- Participation of classroom activities in WebEx
- Completion of online knowledge assessment with passing score within 3 days after class
- Student account at the BWC Learning Center (or LMS). The student account must complete the online knowledge assessment and match the name used to attend the class in WebEx

### Virtual Training Classes

<table>
<thead>
<tr>
<th>Virtual Training Class</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electrical Safety Maintenance (NFPA 70B) - Practices for Electrical</td>
<td>Jan. 11-13, 2022</td>
<td>9:30 a.m. - 1:35 p.m.</td>
</tr>
<tr>
<td>Safety Series Module 2: Ergonomics, Accident Analysis, and Hazard Assessment Basics</td>
<td>Jan. 13, 2022</td>
<td>9:30 a.m. - 1:00 p.m.</td>
</tr>
<tr>
<td>Crane Rigging and Signal Person Duties</td>
<td>Jan. 19-20, 2022</td>
<td>9:30 a.m. - 12:45 p.m.</td>
</tr>
<tr>
<td>OSHA Recordkeeping Half-day Workshop</td>
<td>Jan. 27, 2022</td>
<td>1:00 p.m. - 4:30 p.m.</td>
</tr>
<tr>
<td>Improving Hazard Recognition through Visual Literacy</td>
<td>Feb. 1-2, 2022</td>
<td>9:00 a.m. - 1:15 p.m.</td>
</tr>
<tr>
<td>Electrical Safety in the Workplace through Insight and Implementation of NFPA 70E</td>
<td>Feb. 8-9, 2022</td>
<td>9:30 a.m. - 12:45 p.m.</td>
</tr>
<tr>
<td>Job Safety Analysis</td>
<td>Feb. 10, 2022</td>
<td>9:30 a.m. - 1:00 p.m.</td>
</tr>
<tr>
<td>Lockout/Tagout and Safety-Related Work Practices</td>
<td>Feb. 15, 2022</td>
<td>9:30 a.m. - 1:00 p.m.</td>
</tr>
<tr>
<td>Emergency Preparedness Planning half-day Workshop</td>
<td>Feb. 16, 2022</td>
<td>1:00 p.m. - 4:30 p.m.</td>
</tr>
<tr>
<td>Trenching and Excavation</td>
<td>Feb. 16-18, 2022</td>
<td>9:30 a.m. - 1:35 p.m.</td>
</tr>
<tr>
<td>Safety for the Non-Safety Professional</td>
<td>Feb. 22-23, 2022</td>
<td>9:30 a.m. - 12:45 p.m.</td>
</tr>
<tr>
<td>Crisis De-escalation Tactics and Safe Practices Workshop</td>
<td>Feb. 24, 2022</td>
<td>9:30 a.m. - 2:15 p.m.</td>
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</tbody>
</table>
# Virtual Training Classes

**January-March 2022**

<table>
<thead>
<tr>
<th>Virtual Training Class</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Controlling Workers Compensation Costs</td>
<td>Mar. 1-2, 2022</td>
<td>9:30 a.m. - 12:45 p.m.</td>
</tr>
<tr>
<td>Hazard Material and Waste Shipping/reporting Requirements</td>
<td>Mar. 3, 2022</td>
<td>9:30 a.m. - 2:15 p.m.</td>
</tr>
<tr>
<td>Safety Series Module 3: Hazard Communication and Personal Protective Equipment Basics</td>
<td>Mar. 15, 2022</td>
<td>9:30 a.m. - 1:00 p.m.</td>
</tr>
<tr>
<td>Accident Analysis Half-day Workshop</td>
<td>Mar. 16, 2022</td>
<td>9:30 a.m. - 1:00 p.m.</td>
</tr>
<tr>
<td>Ergonomics Risk Factors: Understanding and Identifying</td>
<td>Mar. 17, 2022</td>
<td>9:30 a.m. - 1:00 p.m.</td>
</tr>
<tr>
<td>Developing a Driver Safety Program</td>
<td>Mar. 22, 2022</td>
<td>9:30 a.m. - 1:00 p.m.</td>
</tr>
<tr>
<td>Electrical Safety in the Workplace through Insight and Implementation of NFPA 70E</td>
<td>Mar. 24-25, 2022</td>
<td>9:30 a.m. - 12:45 p.m.</td>
</tr>
<tr>
<td>Effective Safety Teams Half-day Workshop</td>
<td>Mar. 30, 2022</td>
<td>9:30 a.m. - 1:00 p.m.</td>
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</tbody>
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## How to Register in a VTC

Visit the BWC Learning Center at [www.bwclearningcenter.com](http://www.bwclearningcenter.com)

- Enroll into any class section within a course that has class sections listed as “virtual training” within the enrollment screen.
- Webex details are within your enrolled section information within LMS. Refer to “Enrolling” help document for more information.
- You will be contacted by a BWC Webex host 2-10 days before the training date.
- On the day of your scheduled VTC, you will click on the URL sent to you by WebEx upon registering, to enter the virtual classroom. See “join a WebEx” document for assistance joining the session.
- Future VTCs are entered into the LMS and promoted within the events page of BW Crab.

## More Information

- [Enrolling](#)
- [Taking Assessment](#)
- [Creating LMS](#)
- [Join a WebEx](#)

**HAVE QUESTIONS OR ISSUES? CONTACT:** dshcc@bwc.state.oh.us

*BWC is unable to provide State of Ohio Board of Executive Long-term Services and Support (BELTSS) CEUs for any VTC due to BELTSS rules.*
Upcoming Ohio BWC Safety Webinars
1-11-22 – Prevention Through Design
1-20-22 - Recordkeeping 101
1-25-22 – Workers’ Compensation and How Safety Affects Small Business Profitability
2-8-22 - The 7 Habits of Highly Effective Safety Teams

ABOUT THE FY22 SCSC WEBINAR SERIES:
The Ohio BWC has asked all Ohio Safety Councils to conduct all meetings virtually (online only) until July 2022. Each FREE, live webinar will feature dynamic speakers followed by a short Q&A session. Each month the Stark County Safety Council awards an attendee a $25 gift card (winner must be present). https://www.cantonchamber.org/scsc-webinar. In addition, no attendance requirements (including the CEO requirement) will be enforced, and no semi-annual reports will be collected. Subsequently, the annual policy rebate for Safety Council will not be offered for FY22.

COVID-19 Vaccines: Trust the Facts
COVID-19 vaccines have not been linked to infertility or miscarriage.
There is no evidence that COVID-19 vaccines cause infertility or increase the risk of miscarriage.