

## January 2006 Safety Meeting

### Cold Weather—Don't be left out in the Cold!!!

Winter is upon us, and although the weather is great for business, it can wreak havoc on our bodies and our ability to serve our customers. Cold weather, even in the deep south, can be troublesome, even deadly! The good news is that with just a little preparation you can meet 'old man winter' head on and protect yourself from the worst of what Mother Nature throws your way!

Listed below are some tips, suggestions and facts that might help you from being left out in the cold:

- Start the morning familiarizing yourself with the day's weather forecast. Get on-line, turn on the radio, or watch your favorite weatherman on TV. We know forecasts can be way off base, but most times they are fairly accurate. Use these forecasts to plan how you will dress for the day and determine the possibility of inclement weather.
- Wear your clothes in layers. Layering clothing makes it easy for you to adjust to changing temperatures. Layering clothing also keeps you warmer because of the air trapped between the layers.
- Drink plenty of water. Remember, even in cold weather your body loses water through heavy clothing, work, normal perspiration and low relative humidity. Remind yourself to drink water a couple of times in the morning and in the afternoon.
- Eat healthy and on very cold days eat a little extra. During cold weather your body burns extra calories to keep itself warm.
- Keep your head covered. The top of your head is like a big radiator. In fact, scientists tell us that well over 50% of the heat losses your body experiences in winter is through your head.
- Cover your ears with a scarf, knit cap or ear muffs.
- Wear warm gloves whenever possible but remember to wear only approved propane-resistant gloves when transferring propane. While these gloves are not too warm or comfortable, it's still much safer to use them during transfer operations. Cotton or wool gloves will soak in propane liquid and cause severe frost-bite.
- Use chemical packs for warmth. Never use a glow wick device as they can be a source of ignition. Small chemical packs can sometimes be placed inside your gloves while larger ones can be placed on or near the small of your back so the blood supply to and from your kidneys can be warmed.
- Thoroughly clean all the windows on your truck of ice, sleet, snow and dirt BEFORE you leave your facility. Don't forget to clean your rear view mirrors!
- Warm your truck thoroughly before leaving your facility and make sure your defroster is blowing out warm/hot air. Sometimes frost can form on the inside of your windshield from your breath and perspiration vapor, making it very difficult

- to see. **Warning**, do not pour warmed water over your windshield to clear ice/snow. You could cause it to shatter.
- Check your truck's coolant level and make sure it has plenty of anti-freeze. Low coolant levels can 'starve' your heater of the needed warm water causing poor heater and defroster output.
  - Although it's cold, this is no time to cut corners on your daily vehicle inspection. Be especially careful to ensure that all your lights and horn are working. Use the help of a fellow employee if necessary. Remember, these inspections need to be conducted at the start of the day and at day's end.
  - Be cautious of walking surfaces during cold weather especially pedestrian bridges and steps. These surfaces will freeze first and create slip, trip and fall hazards.
  - While pulling your hose, be especially cautious of your footing when in a customer's yard. Snow, ice, leaves, grass, sleet and other debris can cover-up hazards that can cause you to slip and fall.
  - Be very cautious when driving in cold weather. Slow down and constantly be aware of the road surface. Remember, ice forms on bridges and overpasses first, so be especially cautious when driving over these potential hazards.
  - Driving defensively in cold weather is especially important. Be on the lookout for those drivers that aren't necessarily looking out for you. Remember, cold weather brings with it many distractions that many drivers are not used to dealing with. A professional driver must drive not only for himself but also for the other drivers around him. Additionally, many drivers in the south are not skilled on driving on icy surfaces.
  - While driving, be sure to signal your intentions well ahead of time. Although this applies all year round, it is especially important in cold weather. Other drivers around you need extra time to react to a stop, turn or backing maneuver.
  - Be ever cautious of changing weather conditions and plan your day accordingly. For instance, if there is a threat of an ice storm in the afternoon, start early in the day so it's not necessary for you to be out during the storm.

The above-listed precautions are just a start. Ask your employees to discuss with each other additional cold weather hazards and precautions.

## January 2006 Test

### Cold Weather

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructions: Read and answer each of the following questions. When complete, grade the test and review incorrect answers so each employee is “armed” with the correct answers before they leave the training.

1. According to the material, it's a good idea to check the weather forecast before you leave your home.
  - a. True
  - b. False
  
2. Scientists say that the top of your head will lose over \_\_\_\_\_ % of your body's heat.
  - a. 10
  - b. 20
  - c. 30
  - d. 50
  
3. Small hand heaters using a glow wick should not be used in and around propane.
  - a. True
  - b. False
  
4. Gloves should be worn to protect hands against cold temperatures. Any type of glove is appropriate as long as they are warm.
  - a. True
  - b. False
  
5. Which of the following will typically freeze before the road surface?
  - a. Steps
  - b. Bridges
  - c. Pedestrian overpasses
  - d. All of the above
  
6. Signaling your intentions to turn well ahead of time will help compensate for:
  - a. Increased stopping distances
  - b. Slick roads
  - c. Increased reaction time
  - d. All of the above
  
7. Wearing one thick outer garment is preferred over layering thinner garments.
  - a. True
  - b. False
  
8. Driving defensively in cold weather is most important.
  - a. True
  - b. False

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### Answer Sheet

1. a.
2. d.
3. a.
4. b.
5. d.
6. d.
7. b.
8. a.