



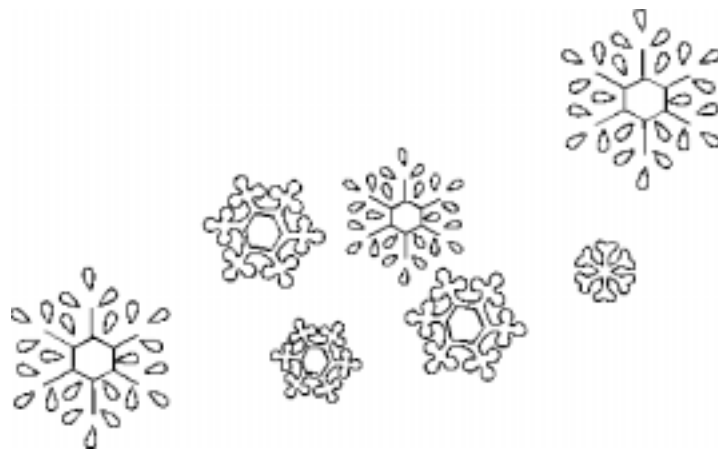
City Safe

A Guide To Assist In Training
Employees About:

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Working in Cold Conditions

Number 13



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Very cold temperatures, like very hot ones, can be hazardous to your health - even deadly. A lot of problems associated with cold can be prevented by proper dress and some sensible practices. Knowing the symptoms of danger and how to treat them can keep problems that do occur from becoming disasters.

General Hazards -

The most common hazard in the cold is frostbite. This occurs when your body doesn't get enough heat, and tissues freeze. Body parts most often affected by frostbite are the nose, ears, cheeks, fingers, and toes. In very bad cases, frostbite can cause permanent tissue damage and loss of movement in the affected body parts. In the worst cases, you could become unconscious and stop breathing. Severe cases could even lead to heart failure.

Another cold hazard is hypothermia. In this case you are exposed to cold so long that your body temperature gets dangerously low. Like frostbite, the worst-case results are unconsciousness and death.

With both cold hazards, you're more at risk if you're older, overweight, and have allergies or poor circulation. Other factors that raise the risk are smoking, drinking, and taking medications such as sedatives.

Identifying Hazards -

It's very important to know the symptoms of frostbite and hypothermia so that you can do something before it's too late.

Frostbite can occur from being in a cold area or from touching an object whose temperature is below freezing. In many cases, people don't have any idea that it's happening. That's why you have to be familiar with the symptoms. Frostbite victims usually start by feeling uncomfortably cold, then numb. Sometimes they also get a tingling, aching feeling or a brief pain. A frostbite victim's skin goes from white to grayish yellow to reddish-violet to black. It may also blister. Obviously, you don't want to have to go through all the symptoms of frostbite. So when you feel numbness, take action.

Hypothermia can also take you by surprise because you can

get it even when the temperatures are above freezing. Windy conditions, physical exhaustion, and wet clothing can all make you more prone to hypothermia. With hypothermia, you first feel cold, then have pain in the extremities. You'll shiver, which is how the body tries to raise its temperature. Other symptoms include numbness, stiffness (especially in the neck, arms, and legs), poor coordination, drowsiness, slow or irregular breathing/heart rate, slurred speech, cool skin, and puffiness in the face. A hypothermia victim may also seem confused and disoriented. It's not unusual for the person to seem apathetic about getting out of the cold.

As you can see, many of these symptoms are not unusual and can mean different things. If you're exposed to very cold conditions, take these symptoms seriously and take steps to relieve them.

Protection Against Hazards -

The best way to deal with cold problems is to prevent them from the start. The most sensible approach is to limit exposure to cold, especially if it's windy or humid.

If you know you're going to be in cold conditions, don't bathe, smoke, or drink alcohol just before going out.

- Dress for the conditions in layers of loose, dry clothes. The most effective mix is cotton or wool underneath, with something waterproof on top.
- Dry or change clothes if you get wet.
- Be sure to cover your hands, feet, face, and head. **A hat is critical because you can lose up to 40 percent of your body heat if your head isn't covered.**
- Keep moving when you're in the cold.
- Take regular breaks in warm areas - and go where it's warm any time you start to feel very cold or numb. Drink something warm, as long as it doesn't contain alcohol or caffeine.

Safety Procedures -

As you know, prevention doesn't always work. It is important to know what to do if you or someone you're with shows symptoms of cold problems.

First thing to do is to get where it's warm. Get out of any frozen, wet, or tight clothes and into warm clothes or blankets. Drink something warm, decaffeinated, and nonalcoholic.

For hypothermia, call for medical help and keep the person covered with blankets or something similar. Don't use hot baths, electric blankets, or hot-water bottles. Give artificial respiration if necessary and try to keep the person awake and dry.

For frostbite, first be aware of the don'ts:

- Don't rub the body part, or apply a heat lamp or hot water bottle.
- Don't go near a hot stove

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- Don't break any blisters.
 - Don't drink caffeine.

Do warm the frozen body part quickly with sheets and blankets or warm (not hot!) water. Once the body part is warm, exercise it - with one exception: Don't walk on frostbitten feet.

If in doubt, get medical attention. It's a good idea to elevate the frozen body part and cover it with sterile cloths before travel.

It's dangerous to underestimate the health hazards you're exposed to in the cold. But if you take some precautions before you're exposed and know what symptoms can spell trouble, you substantially reduce your risk. Use the checklist on page 5 as a reminder and as a source of first-aid advice if the worst happens.



Driving in Snow

Snow and ice terrify many drivers and they drive poorly. These conditions do require more caution. Follow these guidelines:

- Clear snow off the windshield, windows, hood, roof, and lights.

- Use your wipers and defroster.
- Drive and brake slowly and stay further behind the car in front of you than normal.
- Watch out for ice, especially on bridges and in shady spots.
- Turn into a skid and take your foot off the gas. Don't break.





Staying Safe in the Cold Checklist

Prevent problems.

- Limit exposure to cold, especially if it's windy or humid.
- Be especially careful if you're older, overweight, have allergies or poor circulation.
- Be especially careful if you smoke, drink, or take medications.
- Be aware that problems can arise in above-freezing temperatures.
- Be aware that problems can arise from touching a subfreezing object.
- Don't bathe, or smoke or drink alcohol before going into the cold.

Wear layers of loose, dry clothing.

- Cotton or wool underlayers and waterproof top layer work best.
- Be sure to cover head, hands, feet, and face.
- Dry or change wet clothing immediately.
- Keep moving in the cold.
- Take regular breaks in warm areas.
- Move to a warm area if you feel very cold or numb.
- Drink a warm nonalcoholic decaffeinated beverage.

Know symptoms of frostbite.

- Feeling uncomfortably cold.
- Feeling numb tingling, aching, or brief pain.
- Skin going from white to grayish yellow to reddish-violet to black.
- Skin blisters.
- Unconsciousness.

Act quickly if frostbite strikes.

- Don't rub body part or apply heat lamp or hot water bottles.
- Don't go near a hot stove.
- Don't break blisters.
- Warm frozen body parts quickly with sheets or blankets or warm (not hot) water.
- Exercise the warmed body part (don't walk on feet).
- Elevate the frozen body part and cover with sterile cloths before moving.
- Get medical attention if needed.

Know symptoms of hypothermia.

- Feeling cold and shivering.
- Pain in extremities with numbness and/or stiffness.
- Poor coordination.
- Slow or irregular breathing or heart rate.
- Slurred speech and drowsiness.
- Cool skin.
- Puffy face.
- Confusion.

Act quickly if hypothermia strikes.

- Call for medical help.
- Give artificial respiration if needed.
- Move into warm area removing frozen, wet, or tight clothes.
- Bundle in warm clothes or blankets.
- Drink something warm (no caffeine or alcohol).

Dear KMIT Members,

As we enter into the fall and winter months, we wanted to put the issue of working and driving safe in cold and snowy conditions front and center. While we have yet to see the first flake fall, it is only a matter of time, before they do so please keep these tips in mind and feel free to copy and distribute this list to your employees. Additionally, the KMIT Board of Trustees, as well as KMIT and LKM staff would like to wish each of you a happy holiday season. Renewal quotes should be out in approximately one month, and I want to let each of you know that you may contact me or Don Osenbaugh should you have any questions or concerns about your quote. We've enjoyed working with each member city this past year and truly look forward to working with all of you again in 2004.

Best Wishes,

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