



# The Informed Worker



Driven By Higher Standards

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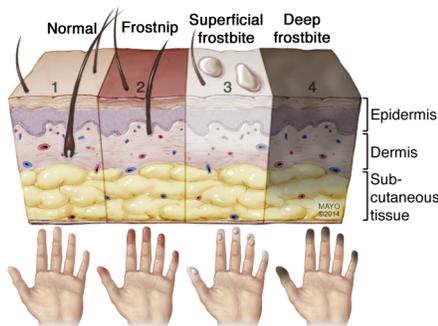
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## WINTER SAFETY TIPS

Here are some reminders about dressing for the weather and staying strong, healthy, and safe this winter.

- **Frostbite and hypothermia.** - Hypothermia is a potentially fatal condition caused by loss of body temperature. - For example, exposed skin can start to freeze at just 28 degrees Fahrenheit (-2 degrees Celsius) and deep frostbite can cause blood clots and even gangrene. - Symptoms include fatigue, nausea, confusion, lightheadedness and profuse sweating. Without medical treatment the victim can lose consciousness and die.



- **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 possible repetitive strain injury.

- **Dress in layers.** - Layers of light-weight clothing keep you warmer than a single layer of heavy clothes. - Remove layers as necessary to prevent overheating and perspiring which can lead to chills or hypothermia later. - Wet clothing is 20 times less warm than dry clothing. - Wear a hat. As much as half your body heat can go up in steam off the top of your head. - Protect your ears from frostbite (wear a hat that will cover your ears or use ear muffs). - Check your winter wardrobe for entanglement hazards such as scarves, loose sleeves, and dangling drawstrings. Basically, anything that could get caught in rotating machinery.



Did you know that 70 % of deaths during snow or ice storms occur in vehicles? It pays to carry blankets or sleeping bags, matches, candles, a snow shovel and sand-bags, a flashlight, and non-perishable food such as cereal bars, in case a winter storm sidelines you in your vehicle

## SNOW SHOVELING TIPS

Priority #1 in snow shoveling is SAFETY, followed closely by comfort and efficiency. Consider doing the following before you even step outside:

- Stretch your muscles to prevent injury
- Dress in layers to stay warm
- Vow to take breaks: Continuous snow shoveling can be hazardous to the health of those in not-such-great shape
- . "Wax" your shovel blade

The idea behind waxing your shovel blade is to make it slippery, thereby preventing snow from sticking to it. But don't take "wax" literally: Although candle wax, floor wax or car wax may be used, Pam spray works fine, too.



Once you step outside and start wielding your shovel, remember the following:

- Bend your knees and lift with your legs  
As you lift the snow, keep the shovel blade close to you, to reduce back strain

- Switch off between snow shoveling right-handed and left-handed, so that you're working different muscles
- Likewise, periodically change your grip on the hand holding the bar (palm under vs. palm over)
- When the snowfall is heavy (1 foot in depth, let's say), don't try to clean right down to the ground with a single scoop. Instead, skim the top 6 inches off, then scoop up the bottom 6 inches. Otherwise, you could be hurting yourself by lifting too much.



By clearing a path to your car first, you avoid trampling down snow on the way. Trampled snow has to be removed later, anyway, and it's tougher to remove than unpacked snow.

- Don't fuss about the rest of the snow around the car just yet. More snow will accumulate there when you clean the car, so you might as well wait till then to clean up around the perimeter of the car.
- Hold off on snow shoveling (with any degree of thoroughness) where your driveway meets the street. As plows go by, they'll be barricading that area with more snow. Save this area till you're ready to pull out with your car (or till after you've rested up).

Speaking of resting, if you can afford the luxury of clearing a driveway in stages, that's the way to go. If the storm's over, divide the workload into sections; if the storm's still in progress, make a preliminary sweep, then go back after the storm.

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