Cold Weather Safety

AVOID DAMAGING YOUR MUSCLES: Do a 5 minute warm up and then a few light stretches before starting work. Pulled muscles are more likely to occur in cold weather because your muscles tighten up and contract in the cold. Don’t stretch a cold muscle without warming up! A warmed muscle contracts more forcefully and relaxes more quickly. Therefore, both speed and strength should be enhanced, and the likelihood of muscles being forcefully overstretched and causing injury is reduced.

DRINK PLENTY OF WATER: You can become dehydrated in cold weather if you don’t replace fluids. Dehydration reduces blood flow to the skin, which can lead to cold injury. Don’t drink alcohol. Alcohol contributes to dehydration and widens blood vessels, causing heat loss. Alcohol also impairs judgment and reduces sensitivity to cold.

WATCH YOUR FOOTING: Serious injuries can result from trip and fall incidents. Watch for areas that may become slick when wet. Watch for ice patches on the ground, and pay special attention when getting on and off equipment. Walking on ice can be dangerous. Many cold weather injuries result from falls on ice-covered sidewalks, steps, and driveways.

USE CAUTION WHEN DRIVING: With a combination of water, oil, and ice, the roadway isn’t the safest place to be, so use caution when driving. Drive at speeds appropriate for the weather, roadway, and traffic conditions. Don’t tailgate, lack of tire traction may send you into the rear of the vehicle in front of you!

Fog Driving Safety Tips:
- Drive with lights on LOW beam. High beams will reflect off the fog, creating a “white wall” effect.
- Reduce your speed and watch your speedometer. Fog creates a visual illusion of slow motion when you may actually be speeding.
- Travel with the driver’s window partially open. Listen for traffic.

DRESS WARMLY AND STAY DRY: Keep hands, feet, and head covered, and wear several layers of loosefitting clothing. If you clothing becomes wet, immediately change to avoid cold-weather injuries like hypothermia and frostbite.

Additional effects of cold weather on your body can include:
- Numbness - It’s usually in your extremities (fingers, toes, ears, nose tip, and cheeks)
- Shivering - This is the body’s way of trying to warm up
- Frostbite - Parts of your body freeze, especially your extremities. The first warning sign may be a sharp, prickly sensation - but if the affected body parts are already numb, you won’t feel anything so there won’t be any warning.
- Immersion Foot (Trenchfoot) - This is damage you get if your skin is exposed to cold and dampness too long. The skin doesn’t actually freeze, but you can get swelling, tingling, itching, loss of skin, or skin ulcers.

Make sure to use the buddy-system when working in cold weather. Signs that people are being affected by the cold include a change in behavior patterns, a change in skin or lip color (blue, purple or gray), or shaking. When these symptoms are present, affected people should be taken indoors as soon as possible.

Safety meetings are mandatory every Monday! Completed topics must be turned in to the Shop Office Tuesday Morning!
**Cold Weather Safety - (Continued from front)**

**Foreman's Check List:**
- Posting Notices Accessible - Identify Location
- GCC Code of Safe Practices Accessible
- USA Notified/Lines Marked (800) 227-2600
- PG&E Notified/10’ Rule (800) 743-5000
- Required Cal/OSHA Permit(s) obtained
- Emergency Exit Routes/Meeting Location Identified
- Special Hazards Identified
- Fire Extinguishers Charged & Accessible
- First Aid Kit Stocked and Accessible
- Trenching operations & requirements reviewed
- Flagging Operations Reviewed
- Housekeeping/Storage & Handling Requirements Reviewed
- Personal Protective Equipment Reviewed
- Equipment Inspected (faulty/damaged equipment must be tagged and returned to the Santa Rosa Yard)
- MSDS are available for all substances present at the jobsite
- Hazard inspections and corrections are documented

**Reminders:**
- Work-related injuries MUST be reported immediately
- GCC uses designated medical providers for treatment of work-related injuries
- All accidents and near-miss incidents must be reported
- No employee can enter a trench exceeding 5’ deep unless advised that it is safe by the competent person
- MSDS sheets are available for review - do not work with any product that you are not familiar with
- Do not enter areas where substances are being used by other contractors, unless trained on the proper safety precautions
- Horseplay is not permitted
- Daily jobsite walkthroughs must be performed
- No employee is permitted to perform any task that they have not been trained to perform
- All potential and/or identified hazards must be reported to allow for immediate correction and communication of exposure to other workers
- Discuss parking arrangements for the project

**Special Topics for Project (address specific exposures, MSDS reviewed, etc.):**

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**Safety Recommendations & Employee Comments:**

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**Tailgate Meeting Attended By (employees are required to sign/print name):**

Signature includes confirmation of the following:

- In the last week I have not suffered any work-related injury or illness that has not been reported to my Supervisor
- In the last week I have not been denied my authorized 10-minute breaks
- In accordance with Prop 65 requirements, I have been notified that at I may be working in areas, or with products, which contains chemicals known to the State of California to cause Cancer and Birth Defects or Other Reproductive Harm

Su firma incluye la confirmación de lo siguiente:

- En la semana pasada no he sufrido ninguna lesión o enfermedad relacionada con el trabajo que no haya sido reportada a mi Supervisor.
- En la semana pasada no he sido prevenido de tomar mis descansos autorizados de 10 minutos.
- De acuerdo con los requerimientos de la Prop. 65, se me ha notificado que yo pudiera estar trabajando en áreas o con productos que contienen químicos conocidos por el Estado de California como causantes de Cáncer, Defectos de Nacimiento u otro Daño Reproductivo.

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**Safety Prize Winner:**

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**Supervisor (Print Name):**

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**Date:**

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