

# HAZARD AWARENESS

## WALKING & WORKING OUTSIDE:

Slippery Surfaces – rain, ice, and snow

Reduced Peripheral Vision – umbrellas, jacket hoods, and hats can limit range of vision

Check the Weather – before leaving the house in the morning and prepare for the predicted weather

Be Visible – low lights and longer days means it is important to be cautious for yourself and be more visible to others

Weather Alert Notifications – federal, state, and local emergency agencies have websites and apps that provide emergency weather notifications for everyone that signs up

- <https://www.weather.gov/alerts>
- <https://www.weather.gov/wrn/wea>
- <https://www.fema.gov/mobile-app>
- Check your county's emergency management agency for local alerts

## COLD EXPOSURE

Cold temperatures outside can increase the risk of cold-stress illness. Other factors can make the risk higher – getting wet, sweating, and pre-existing medical conditions.



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## Winter Safety Tips & Ideas



# VEHICLE SAFETY

## CHECK YOUR VEHICLE'S CONDITION & SCHEDULE SERVICE AS NEEDED:

- All weather tires
- Battery
- Brakes and rotors
- Windshield wipers
- Verify all lights work
  - Headlights
  - Fog lights
  - Brights
  - Turn signals
  - Daytime running lights
  - Brake lights
  - Rear lights
  - Reverse lights

## VEHICLE EMERGENCY KITS:

First aid – a basic kit can be purchased or pieced together

Overnight bag – in case you are stuck somewhere due to weather or road conditions an overnight bag can cover most situations

Tools – a set of LED road emergency lights, jumper cables, snow chains, spare tire kit, and the vehicle owner's manual

Extras – headlamp, blanket, fire extinguisher, towel, baby wipes, and waterproof matches

## SAFETY PRODUCT IDEAS:

Traction Shoe Covers – go over tennis shoes and flat boots to dig into ice and snow, such as Yaktrax, Icetrax, and Sabilicers

Pedestrian & Commuter Visibility – lights and reflector accessories that can be worn by anyone to be more visible in the dark hours, such as clip on LED bike lights, hi-vis clothing, reflective armbands and belts with or without LED lights, and reflective hats

## WINTER INDOOR AIR QUALITY:

Cold weather means more tightly sealed buildings with regularly running heat sources.

## PREVENTING CONTAMINANT BUILDING:

- Dust surfaces and vacuum carpets at least weekly
- Use cleaning products that don't emit vapors (aerosols)
- On warmer days at peak temperatures open windows even for a few minutes
  - Do not open windows that are directly next to vehicle exhaust

# DRESSING FOR THE COLD

## CHILLY: 40 – 50 DEGREES

Outer layer to keep out wind and rain, 1-2 under layers, long pants and sleeves, and good shoes. Good shoes are flat with non-slip soles and waterproof.

## COLD: 20 – 40 DEGREES

Thicker outer layer to keep out wind, rain, and snow. Accessories like a warm hat, scarf, waterproof gloves, and ear muffs. 2-3 layers of tops and 1-2 layers of bottoms, all long. Waterproof boots.

## EXTREME COLD: 20 DEGREES & BELOW

Snow coat to keep out wind and snow. Accessories like a warm hat, snow/face mask, snow gloves, and ear muffs. Long underwear shirt and pants, plus 1-2 more layers of clothes. Insulated, waterproof snow boots.

## SPECIAL CONSIDERATIONS:

Know the “real feel temperature.” This can be found on weather websites and apps. The real feel will include wind chill and dampness of the air that can impact how cold the air feels.

More information from NOAA:

<https://www.weather.gov/safety/cold-before>