

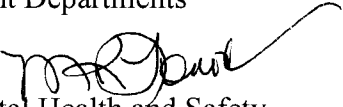


521 South Razorback Road • Fayetteville, Arkansas 72701 • (479) 575-3851
Fax (479) [(Administration) 575-7268, (Accounting) 575-7284, (Central Supply) 575-7383]

Facilities Management

Memorandum

To: All Facilities Management Departments

From: Miriam Lonon, Ph.D. 
Manager, Environmental Health and Safety

Date: 20 November 2004

Re: Cold weather worker safety

Exposure to low temperatures, wind, cold water, and dampness can create dangerous working conditions. The effects of cold temperatures are intensified by wind-chill, often resulting in frostbite and hypothermia. When the wind-chill temperature falls below 30 degrees Fahrenheit, cold stress will begin to set in and exposed skin can be damaged within one hour of exposure. The following precautions will help prevent cold-related injury:

- Wear a head covering.
- Protect hands and feet with gloves and insulated work boots.
- Wear layered clothing, such as undergarments, shirt, sweater, jacket, vest, etc.
- Drink warm liquids, but avoid caffeine and do not drink alcohol.
- Eat warm, high calorie foods.
- Avoid exhaustion and fatigue by taking frequent breaks in a warm area.
- If possible, perform outdoor work during the warmest part of the day.

Workers should be able to recognize the signs and symptoms of frostbite and hypothermia. Frostbite is characterized by uncomfortable coldness, followed by numbness and stinging pain. Skin is first red, then waxy and white in appearance, with little or no feeling in the affected part. First aid for frostbite should include the following:

- Move the victim to a warm dry area.
- Remove wet clothing.
- Do not rub the affected body part.
- Gently place the affected body part in warm water.
- Seek medical attention.

Hypothermia is a dangerous condition where the body temperature falls and there is shivering, numbness in limbs, loss of dexterity, and pain all over the body. In mild cases, the victim may be alert; in severe cases, the victim loses consciousness. Hypothermia is a life-threatening condition. First aid measures for hypothermia include the following:

- If the victim is conscious, give a sweet warm liquid. Avoid caffeine and alcohol.
- Apply gentle heat, such a hot water bottle.
- Keep the head and neck covered.
- Prevent further heat loss by moving the victim to a warm area.
- Treat for shock.
- Avoid jarring the victim.
- If unconscious, make sure the victim is breathing, performing CPR if necessary
- Seek immediate medical attention.

Please post on all official FMD bulletin boards after briefing all FMD employees.