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# SAFETY COMPLIANCE MADE EASIER!

DECEMBER 2016 NEWSLETTER

## LESS DAYLIGHT, MORE SAFETY

As the year goes on, the amount of daylight we have during waking hours is gradually lessened.

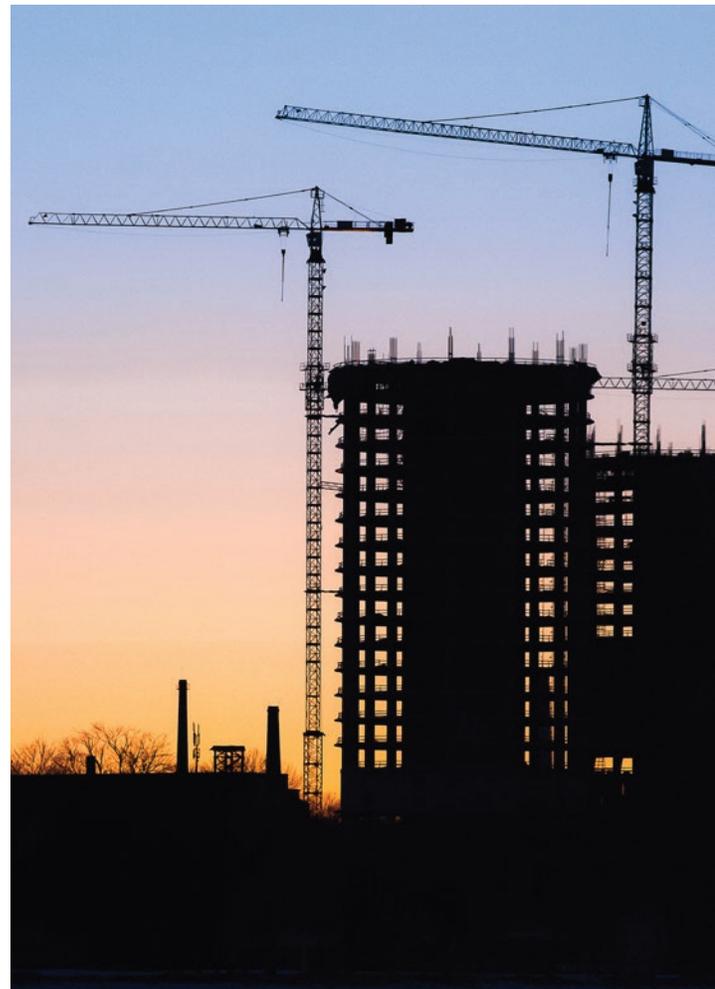
Proper lighting is an integral part of workplace security and employee safety. With the sun setting at earlier hours in the day, it's important to account for the seasonal change by ensuring indoor/outdoor lighting adequately provide employees with a safe working environment.

Indoor work areas can be affected by shorter days. The setting sun can cause glares and cast shadows in areas that may not be as well-lit as they should.

Ensure walkways and stairways receive adequate lighting, and that you use window coverings to prevent glares from the sun that could damage the eyes.

Hazardous outdoor work should be scheduled around sunset. If work must proceed after dark, employers need to provide electrical lighting that properly illuminates all work areas.

Enhance security by making sure outdoor building and parking lot lights are turned on at dusk. Additionally, many employees rely on public transportation. Ensuring that routes to transit stations are well-lighted can help prevent potential injuries.





It is estimated that 90% of eye injuries can be prevented through the use of proper protective eyewear. That is our goal and, by working together, OSHA, employers, and workers can make it happen.

## COLD STRESS PREVENTION TIPS:

*Training is a timeless necessity in the workplace. In these colder days, workers must be trained not only about cold-induced illnesses and injuries, but also to determine environmental or work site conditions that may cause cold stress. They should be especially trained in recognizing the signs and symptoms of cold stress or cold-induced injuries like hypothermia and frostbite.*

### TRAIN EMPLOYEES FOR THE COLD AND CHANGING WEATHER

Here are signs and symptoms of hypothermia:

- Cool skin
- Slower, irregular breathing
- Slower heartbeat
- Weak pulse
- Uncontrollable shivering
- Severe shaking
- Rigid muscles
- Drowsiness
- Exhaustion
- Slurred speech
- Memory lapses

The following are signs and symptoms of frostbite:

- Paleness of the skin
- Sensation of coldness or pain
- Pain disappears after a while with the freezing of the tissues.
- Tissues become increasingly whiter and harder.

### ADJUST YOUR WORK SCHEDULE TO THE COLD OR CHANGING WEATHER

Don't punish yourself too much. Just because you have to work outside and it feels like stepping into a walk-in freezer, it doesn't mean you have to bask in the frigid winds all day. Schedule work during the warmest part of the day. Break a task into shifts so you can take frequent, short breaks in warm dry shelters.

## LAYER CLOTHING

Remember that it's better to go for several thin layers of clothing instead of wearing just a couple of thick layers. For clothes next to the skin, choose those with synthetic fabrics to avoid absorption of sweat. An ideal choice is polypropylene. For your outer layer, choose fabrics made of waterproof and wind-resistant material.

## WEAR COMPLETE PPE (PERSONAL PROTECTIVE EQUIPMENT)

Wear warm gloves, hats and hoods. In extreme conditions, don a warm woolen hood that covers your neck, head and ears. If you get hot while working, just open your jacket. Don't remove your hat and gloves. The key is in wearing clothing that can be adjusted to changing conditions.

Avoid wearing tight-fitting footwear as this restricts blood flow. Your shoes or boots should allow you to wear either one thick or two thin pairs of socks.

## EAT AND DRINK HOT OR WARM FOODS AND LIQUIDS

Drinking caffeinated and alcoholic beverages is not recommended while working in cold weather. Instead, go for warm, sweet beverages like sports drinks and sugar water. Keep in mind that you are also at risk of dehydration under cold weather so make it a habit to drink up.

You can still enjoy hot pasta dishes, soups and other foods rich in calories. Keep in mind that if you're sick or under medication, you are more at risk to get cold stress. This is especially true if you have hypertension, diabetes or a cardiovascular disease.

## WEAR EYE PROTECTION

Ice or snow + excessive ultraviolet rays = eye injury. Yes, this is one proven equation. Before working outside, check first if you may be exposed to glare or, worse, blowing ice crystals. If conditions point to the affirmative, then go wear the right kind of eye protection.





# OSHA WORKPLACE SAFETY AND HEALTH

## OSHA ISSUES RECOMMENDED PRACTICES TO PROMOTE WORKPLACE SAFETY AND HEALTH PROGRAMS IN CONSTRUCTION

The Occupational Safety and Health Administration today issued Recommended Practices for Safety and Health Programs in Construction to help industry employers develop proactive programs to keep their workplaces safe. The recommendations may be particularly helpful to small- and medium-sized contractors who lack safety and health specialists on staff.

Safety and health programs encourage finding and fixing workplace hazards before they cause injuries, illnesses and deaths. Implementing these programs also helps reduce the financial difficulties these events can cause for workers, their families and their employers.

Contractors can create a safety and health program using a number of simple steps that include: training workers on how to identify and control hazards; inspecting the jobsite with workers to identify problems with equipment and materials; and developing responses to possible emergency scenarios in advance.

"The recommendations outlined in this document will help contractors prevent injuries and illnesses on their construction sites and make their companies more profitable," said Assistant Secretary of Labor for Occupational Safety and Health Dr. David Michaels.

The recommended practices for a safety and health program are flexible and can be adjusted to fit small and large construction companies handling short-term or multi-year projects. Working with employees to implement a program can offer other benefits including improvements in production and quality; greater employee morale; improved employee recruiting and retention; and a more favorable image and reputation among customers, suppliers and the community.

These recommendations are advisory only and do not create any new legal obligations or alter existing obligations created by OSHA standards or regulations.

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America's working men and women by setting and enforcing standards, and providing training, education and assistance. For more information, visit [www.osha.gov](http://www.osha.gov).

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