



# Weekly Safety Tip

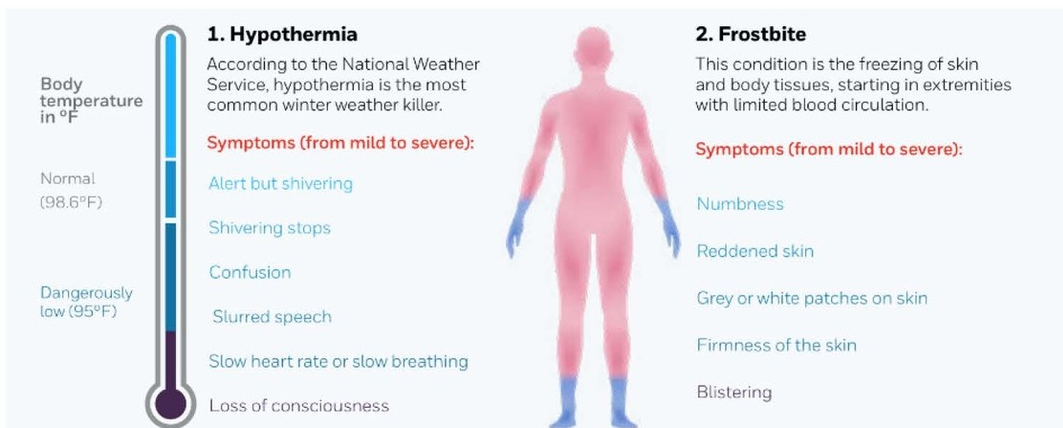
## Avoiding Cold Stress



### Avoiding Cold Stress



The Two Forms of “Cold Stress” We Commonly Experience in Northwest Ohio Winter Weather



#### LOW TEMPERATURES AND HIGH WIND SPEEDS: A DANGEROUS COMBINATION LEADING TO COLD STRESS.

Cold weather combined with high wind speeds expedites the rate at which heat leaves the body, increasing the risk of cold stress for outdoor workers. The faster the wind, the faster the heat loss.



Wind chill factor = a measure of how cold the air feels based on the speed of the wind

		Temperature (°F)															
		25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	
Wind (mph)	5	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63	
	30	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87	
	60	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	
		Little danger				Increasing danger				Great danger							

Prevent Experiencing **Cold Stress** by Wearing Appropriate Personal Protective Equipment



Head and face protection



Eye protection



Gloves



Fall protection

Attribution: Honeywell

David A. Varwig, CSP-retired and SCNWO Board Member

# **Weekly Safety Share**



## **5 Keys to Being Elite In Your Field**

## A 2025 “Kick-off the Year” Developmental Share

*Beyond 10,000 hours: Study reveals 5 keys to being elite in your field*



NOTE: From 5 years ago, but just found it! DaveV

### Summary

A new study from the Norwegian University of Science and Technology challenges Malcolm Gladwell's 10,000-hour rule by identifying additional crucial factors for achieving elite status in any field.

Researchers highlight the importance of passion, grit, a positive mindset, intense training, and mentorship as essential elements for success.

Passion ignites interest, while grit ensures perseverance through challenges.

A positive self-belief is essential to avoid self-doubt, and a mentor can provide necessary guidance and support throughout the training process.

The study also notes gender differences in how passion relates to grit and mindset.

The findings are published in 'New Ideas in Psychology.'

*The article is only six pages so I will include it as an attachment to the email.*

David A. Varwig, CSP-retired and SCNWO Board Member for





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