Tips for Working in a Cold Environment

Occupational Health Corner

Working in a cold environment inside or outside during the winter months can pose health risks such as dehydration, numbness, shivering, frostbite, trench foot, and hypothermia. To combat these risks, we can implement controls such as clothing, rest breaks, and training.

Clothing

Loose fitting clothing provides better ventilation to prevent overheating. Clothing should include at least three layers; an inner layer of wool, silk or synthetic to wick moisture away from the body; middle layer of wool or synthetic to provide insulation when wet; and an outer wind and rain protection layer that allows some ventilation. An inner layer of wool, silk or synthetic to wick moisture away from the body; middle layer of wool or synthetic to provide insulation when wet; and an outer wind and rain protection layer that allows some ventilation. Scheduling outside work for the warmest part of the day. Utilizing barricades to block the wind. Taking water breaks as needed in warm areas.

Health

Ensuring proper Personal Protective Equipment (PPE) is also important in preventing health risks associated with working in cold environments. Protective measures may include masks, gloves, and hats to prevent frostbite.

Safety

Regular factory inspections, and others followed with similar requirements to guard hazardous equipment. The federal government’s workplace safety prevention program. Collecting data on illnesses and injuries continues to be an important part of the national safety program.

History

The birth of the federal government’s workplace safety prevention program. It is with much excitement that RMS welcomes Nick Ratkay in his new position as Lab Safety Specialist. Nick comes to us from the Notre Dame Stadium Safety Committee team. Nick earned his B.A. in History from IUSB in 2005 and an M.A. in Theology from St. John’s Inn, where he was a member of the hotel’s Safety Committee team. Nick earned his B.A. in History from IUSB in 2005 and an M.A. in Theology from St. John’s Inn, where he was a member of the hotel’s Safety Committee team. Nick earned his B.A. in History from IUSB in 2005 and an M.A. in Theology from St. John’s Inn, where he was a member of the hotel’s Safety Committee team. Nick earned his B.A. in History from IUSB in 2005 and an M.A. in Theology from St. John’s Inn, where he was a member of the hotel’s Safety Committee team.

New Lab Safety Specialist

Nick Ratkay in his new position as Lab Safety Specialist.

New Lab Emergency Action Plans

New Lab Safety Specialist Nick Ratkay in his new position as Lab Safety Specialist.

New Lab Joint Assessment Schedule

RMS would like to extend a reminder regarding the new Lab Joint Assessment Schedule that allows easy access to schedules by department and lab.

Safety Alerts

For the complete story, including the cause and contributing factors, read the complete story here.

Occupational Health Corner

Sign up to receive our future emails.

New Lab Safety Specialist Nick Ratkay in his new position as Lab Safety Specialist.

Lab Joint Assessment Dashboard

Downloadable templates that are based on the facility EAPs and have the additional information specific to adverse lab conditions (chemical, biologicals, radioactive spills and exposures, active shooter, etc.). The lab EAP SOP templates are designed to allow access to schedules by department and lab.

Risk Management & Safety’s quarterly lab safety newsletter bringing you pertinent safety information to aid in keeping our campus safe.

Safety History

“3 Turning Points in the History of Workplace Safety”

“3 Turning Points in the History of Workplace Safety”

Safety Alerts

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