Tips for Working in a Cold Environment

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 scheduling outside work for the warmest part of the day, wearing protective clothing, and ensuring proper Personal Protective Equipment (PPE) is also important in preventing health risks associated with working in cold environments. Protective clothing should include at least three layers; an inner layer of wool, silk or synthetic to wick moisture away from the body; a middle layer of wool or synthetic to provide insulation when wet; and an outer wind and rain protection layer that allows some ventilation. Loose fitting clothing provides better ventilation to prevent overheating. Insulated foot wear protect the feet. Wearing a hat or hood can prevent the loss of up to 40% of body heat. And an outer wind and rain protection layer that allows some ventilation.

Emergency’s Action Plan

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Safety History

The birth of the Occupational Health and Safety and the requirements that resulted in new laws and regulations for health and safety in the workplace began before the Industrial Revolution. The nation’s first steam-powered factories were started to produce the cotton goods that were needed for the fast growth in the United States. Steam engines were invented to power machines in these factories—conditions for workers were dirty, smelly, and dangerous.

Interstate Steam Laundry v. Massachusetts

The first federal law to address workplace safety was the Interstate Steam Laundry v. Massachusetts law in 1889. This law was passed in response to a mass tragedy that occurred in a textile mill in Lawrence, Massachusetts. Seventy-three workers were killed when the roof of the factory collapsed, trapping them inside.

The National Safety Council

The National Safety Council, now known as the National Safety Council, was formed to collect data and initiate accident prevention programs. The Council was formed in 1913 to address the increasing numbers of injuries and deaths in the workplace. In 1911, an estimated that 18,000-21,000 workers died from workplace injuries in 1912, a rate of about 50 deaths per 100,000 workers. The Council began collecting data and initiating accident prevention programs.

In 1910, the first U.S. workers’ compensation laws were enacted in New York State. A year later, the Massachusetts legislature passed the Interstate Steam Laundry v. Massachusetts law. This law required employers to provide a safe workplace, regular factory inspections, and others followed with similar requirements to guard against workplace hazards.

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Occupational Health Centers

A joint meeting was held in a conference room to discuss the meeting schedule for the Occupational Health Centers. The meeting was attended by representatives from various departments and divisions within the company. The purpose of the meeting was to review and update the occupational health and safety programs for the upcoming year. The representatives discussed the current state of the programs and identified areas for improvement.

New Lab Emergency Action Plans

The RMS would like to extend a reminder regarding the new Lab Joint Assessment Schedule. The schedule is designed to help us ensure that lab safety is a top priority. The schedule includes a series of assessments that will be conducted throughout the year to evaluate lab safety practices and identify areas for improvement.

New Lab Safety Specialist

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 Complex where he had worked since 2017 as a member of the Stadium Operations team. While at the Stadium, Nick composed and directed several large scale safety projects revolving around pedestrian and worker safety, vehicular traffic management and implemented an a ‘5S’ organizational and housekeeping safety program. 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 began his career at Notre Dame in 2013 at the Stadium’s main storage areas and loading dock. As part of his role, Nick implemented a ‘5S’ organizational and housekeeping safety program. Nick’s background in safety and his experience in a high-traffic environment make him an excellent fit for his new position at RMS. Nick will be responsible for ensuring that lab safety is a top priority. Nick will be working closely with the lab staff to develop and implement new safety measures. Nick’s experience and expertise will be invaluable in keeping our campus safe.