

# SAFETY NEWS

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## Protect Yourself & Others Against Cold Stress

Cold weather is here! The cold temps and increased wind cause heat to leave the body more quickly, putting you at risk of cold stress. Our linemen are definitely in the risk group to get cold stress. Following are examples of cold stress.

### Hypothermia

- \* Normal body temperature (98.6) drops to 95 degrees or less.
- \* **Mild Symptoms**—Person alert but shivering.
- \* **Moderate to Severe Symptoms**—shivering stops; confusion; slurred speech; heart rate/breathing slow; loss of consciousness; death.

### Frostbite

- \* Body tissues freeze, (hands & feet). Can occur at temperatures above freezing, due to wind chill. May result in amputation.
- \* **Symptoms:** numbness, reddened skin develops gray/white patches, feels firm/hard, and may blister.

### Trench Foot (also known as Immersion Foot)

- \* Non-freezing injury to the foot, caused by lengthy exposure to wet and cold environment. Can occur at air temperature as high as 60 degrees if feet are constantly wet.
- \* **Symptoms:** redness, swelling, numbness, and blisters.

### How to Protect Yourself and Others

- \* Know the symptoms: monitor yourself and co-workers.
- \* Drink warm sweetened fluids (no alcohol).
- \* Dress properly: Layers of loose-fitting and insulating clothing, Insulated jacket, gloves and a hat (waterproof, if necessary), Insulated and waterproof boots.

### What to Do When a Worker Suffers from Cold Stress

#### For Hypothermia:

- \* call 911 immediately.
- \* To prevent further heat loss: Move the worker to a warm place, change to dry clothes, cover the body (including the head and neck) with blankets, block the cold (tarp, garbage bag). Do NOT cover face.
- \* If medical help is more than 30 minutes away, give warm, sweetened drinks if alert (no alcohol). Apply heat packs to the armpits, sides of chest, neck, and groin. Call 911 for additional rewarming instructions.

#### For Frostbite:

- \* Follow the recommendations for Hypothermia.
- \* Do not rub the frostbitten area.
- \* Avoid walking on frostbitten feet.
- \* Do not apply snow/water. Do not break blisters.
- \* Loosely cover and protect the area from contact.
- \* Do not try to rewarm the area unless directed by medical personnel.

#### For Trench (Immersion) Foot:

- \* Remove wet shoes/socks; air dry (in warm area); keep affected feet elevated and avoid walking. Get medical attention as soon as possible.

Information from OSHA—U.S. Department of Labor

## Turkey Cooking 101

The Thanksgiving turkey is the centerpiece of your holiday table. Turkeys are the trickiest part of the menu to make, thanks in part to the fact that it's likely been a year since you've cooked a bird of this size!

- ⇒ Frozen turkey needs 1 day for every 4 pounds to properly thaw.
- ⇒ Build flavor from the inside out. After washing & drying the bird, sprinkle the cavity with seasonings and fill with your choice of aromatics. (garlic, carrots, celery, leeks, bay leaves, shallots).
- ⇒ Brush the bird with melted butter which helps the turkey turn golden brown. Tie the legs together and tuck the wingtips to ensure even cooking.
- ⇒ Roast the bird covered at 350 degrees, (on average 13 minutes per pound) until juices run clear when cut between leg and thigh. Internal temperature should be 165 degrees for breast and 180 for thighs. The last 30 minutes uncover the bird and roast to allow the skin to crisp. Foil tent the bird and rest for 20 minutes before carving.



## November is Child Safety Protection Month and National Diabetes Awareness Month

- November 1 — All Saint's Day
- November 2 — Election Day
- November 2 — National Deviled Egg Day
- November 4 — National Men Make Dinner Day (Must Cook, NO BBQ Allowed!)
- November 5 — National Doughnut Day
- November 6 — National Nachos Day
- November 7 — Daylight Savings Time Ends
- November 10 — BPPD Board Meeting Day—9:00 am
- November 11 — Veteran's Day
- November 13 — World Kindness Day
- November 15 — America Recycles Day
- November 15 — National Clean out the Fridge Day
- November 16 — Disconnection Day
- November 17 — Take a Hike Day
- November 18 — Great American Smoke out
- November 23 — Safety Meeting 1:00 pm—Accident Investigation
- November 25 — Thanksgiving
- November 26 — Butler PPD closed—Black Friday
- November 28 — Hanukkah Begins
- November 29 — Cyber Monday



Glenn—November 8th  
Galen—November 20th