December 2023

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COLD WEATHER EXPOSURE

Cold Weather Exposure TBT 12-4-23

Cold Fact: An average of 1,301 deaths per year from 1999 to 2011 were associated with exposure to excessive natural cold.

CDC
Temperatures near or below freezing and strong winds can cause one's skin and internal body temperatures to fall. Wetness or dampness from body sweat contributes to heat loss. When the body can't warm itself, serious illness and injury may result, leading to permanent tissue damage or death. Types of cold stress that construction workers should be aware of include

Frostbite
This is the freezing of skin and underlying tissue. It can cause permanent injury. In severe cases, it leads to amputation.
Workers with frostbite may experience reddened skin that develops into gray or white patches in the fingers, toes, nose, or ear lobes. Other signs are Skin that becomes firm; tingling, aching or loss of feeling; and blisters. A worker with frostbite should be warmed immediately and get medical attention.

Hypothermia
This occurs when the normal body temperature (98.6°F) drops to less than 95°F. It can lead to unconsciousness and death.

Uncontrollable shivering is an early sign of hypothermia. Additional signs include loss of coordination, confusion, slurred speech and slowed heart rate / breathing. A worker showing signs of hypothermia should be warmed by removing wet clothing and wrapping the worker entirely in layers of blankets and a vapor barrier (tarp or garbage bag). Emergency medical help should be sought. If medical help is more than 30 minutes away, place hot water bottles or hot packs in the armpits and sides of the chest and groin and feed the worker warm liquids.

Trench foot

This is caused by prolonged exposure to wetness and cold temperatures. It occurs when the body constricts the blood vessels to prevent heat loss. This shuts down circulation in the feet.

Skin tissue begins to die because of a lack of oxygen and nutrients and a buildup of toxic products. Redness, swelling, numbness and blisters are signs. Workers with signs of trench foot should remove their boots and wet socks, dry their feet, avoid walking, keep their feet elevated and seek medical help.

Safe Work Practices for Cold Environments

- Eliminate or limit work as much as possible when extremely cold temperatures are present.
- Layer up on clothing and keep clothes dry. It is important to remove any wet clothing or boots and put on dry items when working in a cold environment.
- Take breaks in warm areas or vehicles as needed.
- Drink warm beverages to help warm up your core temperature.
- Shielding work areas from drafts or wind to reduce wind chill.
- Monitor the condition of other workers around you. If you notice something could be wrong, get them into a warm area and notify a supervisor.

SAFE LIFTING TECHNIQUES

Safe Lifting Techniques TBT 12-11-23

Safe Lifting Techniques

Manually lifting heavy objects improperly can lead to a range of injuries, including strains, sprains, and even more severe musculoskeletal issues. By utilizing proper lifting techniques, we can significantly reduce the risk of these injuries and promote a safer workplace.

Assess the Load: Prior to lifting anything, take a moment to assess the weight, size & shape of the object. Gently lift one corner, if possible. If the load seems too heavy, large or awkward to lift safely, get assistance from someone or mechanical aid such as a dolly or forklift.

Inspect Work Area: Take note and eliminate, if necessary, any potential slip, trip and fall hazards. Become familiar with any blind spots and traffic that may enter the area.

Warm-Up: Stretching is essential to prevent injuries. Perform light stretching exercises before you start lifting to prepare your muscles for the task ahead.

Proper Body Mechanics: Maintain a stable base by keeping your feet shoulder-width apart and facing the load. Bend at the hips and knees, not at the waist. Keep your back straight and chin high and avoid twisting while lifting. Engage your core muscles for best results.

Get a Good Grip: Lifting without a good grip can lead to drops and injuries. Ensure you have a secure grip on the object. Use both hands and if necessary, wear gloves to increase grip.

Keep the Load Close: Position the load close to your body to reduce the strain on your back. Avoid lifts that require extending your arms fully, as this can put additional stress on your back and shoulder muscles.

Let Your Legs Do the Heavy Work: The power for lifting should come from your legs, not your back. Push through your heels, straighten your hips and knees, and then lift in a smooth, controlled motion. Do not jerk or make sudden movements while lifting.

Pivot, Don't Twist: When changing direction while handling a load, pivot your feet instead of twisting your torso.

Never Lift When Injured: If you have a previous back injury, do not attempt to make a heavy lift.

Take Away:
If you feel that you've just injured yourself while lifting. Stop what you're doing immediately and report it to your Supervisor and Safety Department.

The risk of injury while lifting objects increases significantly when done so in slippery conditions. With winter upon us, be on high alert for snow & ice. Stay safe and prioritize your well-being.

COLD WEATHER LIMITATIONS

S.C. SWIDERSKI LLC
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Cold Weather Limitations

“Safety should never be sacrificed for production”.
During periods of cold weather, the safety and health of our employees are of utmost importance.

When temperatures at the jobsite is 0° F or below and the wind-chill factor is -10° F or below, outside work may be suspended for a time to be determined by the job superintendent, trade superintendent, or the general superintendent. The work suspension time may vary from 20 minutes to 8 hours depending on weather conditions and schedule demands.

The work suspension is being put in to give workers time to come in from out of the cold to warm up. For example: steel workers assembling columns and beams may work for 45 minutes, warm up for 15 minutes, repeating the cycle. Work and warm-up times may vary as the situation dictates and at the discretion of the superintendents.

Reference the attached National Weather Service Wind Chill Chart and Frostbite Times.

By Clicking "Mark as Read" - you are acknowledging you have read this entire (opened appropriate attachments) Toolbox Talk and understand this is company policy and will abide by regulations outlined in this safety policy. Please complete your acknowledgement within 24 hours of release. If you receive this notice, you are REQUIRED to read this content.

QUARTERLY CORD & TOOL INSPECTION

SCS CONSTRUCTION

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Quarterly Cord & Tool Inspection Toolbox Talk

Each quarter we must eliminate unsafe conditions involving electrical equipment and tools, including faulty insulation, improper grounding, loose electrical connections, defective parts, ground faults in equipment and unguarded live electrical parts. This does not eliminate the need to inspect before each use.

Quarterly Color Code Chart

(Colors are meant to coincide with the seasons)

Color	Months
White	January – March
Green	April – June
Red	July – September
Orange	October – December

Quarterly Testing & Inspection Guidelines:

- Inspections can begin up to 14 days prior to the end of each quarter. All inspections shall be completed by the start of the next quarter.
- Each cord set/electrical tool shall be tested to ensure a continuous ground circuit, and that equipment grounding conductor is connected to its proper terminal.
- Each cord set/electrical tool shall be visually inspected for signs of damage including:
  - Frayed or damaged insulation
  - Cuts to outer insulation and/or conductor insulation
  - Crushed, cracked, mashed, or bare copper showing
  - Loose or missing covers or screws
  - Missing ground prongs or plugs
  - Other similar substandard conditions
- Any damaged items must be tagged "out of service."
- Any cord which bares an expired color tape shall be considered defective and is not to be used until it is inspected.
- Only inspector is authorized to remove tape.
  - Unauthorized removal or defacing of inspection tape shall be cause for disciplinary action.

SCS CONSTRUCTION

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- Expired inspection tape must be completely removed (not covered up) during inspections.
- Never use an extension cord or power tool that isn't marked with the correct color for that quarter.
- It shall be the responsibility of each subcontractor to ensure that their electric tools and electrical equipment are tested and documented.