

DECEMBER

Division of
Environmental
Services



The following are recommendations for working in cold environments:

Wear at least three layers of loose fitting clothing. Layering provides better insulation. Do not wear tight fitting clothing.

An inner layer of wool, silk, or synthetic to keep moisture away from the body. A middle layer of wool or synthetic to provide insulation even when wet.

An outer wind and rain protection layer that allows some ventilation to prevent overheating.

Wear a hat or hood to help keep your whole body warmer. Hats reduce the amount of body heat that escapes from your head.

Use a knit mask to cover the face and mouth (if needed).

Use insulated gloves to protect the hands (water resistant if necessary).

Wear insulated and waterproof boots (or other footwear).



As in hot weather, you should allow yourself time to get acclimatized to the cold weather. The first day out in frigid weather can be challenging and it is best to start off slowly to allow your body time to get used to the weather. When doing a very active job outside, it is also important to do stretching exercises inside prior to starting the tasks outside. This allows your muscles to warm up appropriately rather than the shock of starting the activity in a very cold environment.

For more information visit:
<http://safetytoolboxtopics.com/Seasonal/working-in-winter-weather.html>
<http://www.backpacker.com/gear/experts/ask-kristin/how-do-i-layer-for-cold-weather/>

...from the Division Chief

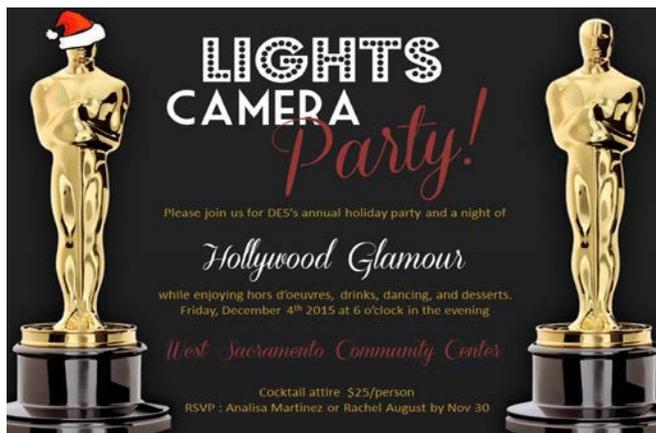
I would like to wish you and your family a Merry Holiday Season.

Winter is finally here and the temperature is falling. Cold winter weather is very similar in some ways to working in the extreme heat: you have to be prepared for it, you have to be equipped for it, and you have to get accustomed to it.

For example, it is easy to become dehydrated in cold weather. Typically, we think of dehydration as a heat-related issue but it holds true for cold weather as well. Drink plenty of water prior to working; warm sweetened liquids can be especially helpful. Remember, it is as important to hydrate yourself PRIOR to starting work as it is during the actual physical activity.

Dressing properly is extremely important to preventing cold stress. The type of fabric worn also makes a difference. Cotton loses its insulation value when it becomes wet. Wool, silk and most synthetics, on the other hand, retain their insulation even when wet.

Sincerely,
Dean Messer, Chief
Division of Environmental Services



Think Safety visit: <http://dessafty.water.ca.gov>; <http://swpsafety.water.ca.gov> for more information.

Send Safety suggestions to: dessafty@water.ca.gov.