

VLR SAFETY TAILGATE TALK

January 2017

Subject: Protect Yourself From

Date: _____

Illness/Exposure

Location (garage, mm, etc...):

Instructions:

Safety Coordinators & Supervisors should use this Tailgate Talk as a guide for discussion during their safety meetings. The primary purpose of the safety meetings is to give crews the opportunity to discuss any safety related concerns they may have.

Once the meeting has concluded, the Presenter should have each employee sign this form and include their Employee ID# in the spaces below.

TGT Presenter: _____

Name Employee

Name	Employee
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The mention of winter evokes images of sparking snowflakes and skaters gracefully gliding across the ice. But winter can also be a time of illness and injury, if people fail to take adequate health and safety precautions.

Colds: More than 100 viruses can cause colds, the world's most common illness, so few people escape being exposed to at least one of them. In the United States, most people average about three colds every year. Once it enters the body through the nose or throat, the cold virus begins to multiply, causing any of a number of symptoms: sore throat, sneezing, runny nose, watery eyes, aches and pains, mild fever, nasal congestion and coughing. A cold usually lasts a week or two. The best way to treat a cold is to take a mild pain reliever, avoid unnecessary activity, get as much bed rest as possible and drink plenty of fluids, especially fruit juices. Over-the-counter cough and cold remedies may relieve some of the symptoms, but they will not prevent, cure or even shorten the course of the illness. While there is no vaccine to protect you from catching a cold, there are ways to lessen your chances of coming down with the illness. Keep up your natural resistance through good nutrition and getting enough sleep and exercise. Turn your thermostat down and keep the humidity up in your home. Dry air dries out the mucous membranes in your nose and throat and causes them to crack, creating a place where cold viruses can enter your body. Avoid direct contact with those who have colds and wash your hands frequently.

Frostbite: The parts of the body most affected by frostbite are exposed areas of the face (cheeks, nose, chin, and forehead), the ears, wrists, hands and feet. Frostbitten skin is whitish and stiff and feels numb rather than painful. When spending time outdoors during cold weather, be alert for signs of frostbite and, if you notice any, take immediate action. To treat frostbite, warm the affected part of the body gradually. Wrap the area in blankets, sweaters, coats, et. If no warm wrappings are available, place frostbitten hands under the armpits or use your body to cover the affected area. Seek medical attention immediately. Do not rub frostbitten areas; the friction can damage the tissue. Do not apply snow to frostbitten areas, because its temperature is below freezing. Snow will aggravate the condition.

Continued.

Hypothermia: Hypothermia, a drop in body temperature to 95 degrees or less, can be fatal if not detected promptly and treated properly. In the United States, about 700 deaths occur each year from hypothermia. While hypothermia can happen to anyone, the elderly run the highest risk because their bodies often do not adjust to changes in temperature quickly and they may be unaware that they are gradually getting colder. The condition usually develops over a period of time, anywhere from a few days to several weeks, and even mildly cool indoor temperatures of 60 to 65 degrees can trigger it. If you have elderly relatives or friends who live alone, encourage them to set their thermostats about 65 degrees to avoid hypothermia. When the body temperature drops, the blood vessels near the surface of the body narrow to reduce heat loss. Muscles begin to tighten to make heat. If the body temperature continues to drop, the person will begin to shiver. The shivering continues until the temperature drops to about 90 degrees. Temperatures below 90 degrees create a life-threatening situation. Signs of hypothermia include forgetfulness, drowsiness, slurred speech, and change in appearance (e.g. puffy face), weak pulse, slow heartbeat, and very slow and shallow breathing. If the body temperature drops to or below 86 degrees, a person may slip into a coma or have a death-like appearance. If you notice these symptoms in a person, take his or her temperature. If it is 95 degrees or below, call a doctor or ambulance or take the victim directly to a hospital. To prevent further heat loss, wrap the patient in a warm blanket. A hot water bottle or electric heating pad (set on low) can be applied to the person's stomach. If the victim is alert, give small quantities of warm food or drink. There are several things you should not do to a hypothermia victim. Do not give alcoholic beverages. Do not give a hot shower or bath, since it could cause shock. Generally, do not try to treat hypothermia at home. The condition should be treated in a hospital.