

SAFETY DISPATCH

WINTER 2011

CITY OF
PITTSBURGH
"AMERICA'S MOST LIVABLE CITY"
LUKE RAVENSTAHL, MAYOR

CHECK IT OUT

- ⇒ Some frogs survive the winter by freezing almost solid.
- ⇒ There is NO law of nature that prohibits two snowflakes from being identical.
- ⇒ Fingernails grow faster in winter.

Hypothermia is a condition in which core temperature drops below the required temperature for normal metabolism and body functions. So be safe this winter—stay aware, dry, and keep your clothes on.

WINTER HIGHLIGHTS

CITYFIT EVENTS, CityFit@Pittsburghpa.gov or call 255-2532:

- **FITNESS CENTER MEMBERSHIPS**, \$25 enrollment fee waived at Kingsley and participating YMCAs through Dec. 31st
- **LAST CHANCE BIOMETRIC SCREENING**, December 7th—11am to 3pm—Schenley Park Ice Rink
- **SAVE IN 2012** complete Biometric screening & HRA by December 17th FOR \$240 wellness credit
- **MAINTAIN, DON'T GAIN** ongoing through the holidays—contact Frank.Manella@Pittsburghpa.gov
- **WEIGHT WATCHERS** starting in January—contact Claire.Mastroberardino@Pittsburghpa.gov

CHARITABLE EVENTS:

BLOOD DRIVES, [December 8th](#) and [February 16th](#)—8am to 2pm
Claire.Mastroberardino@Pittsburghpa.gov



No matter how you show it, know it—SAFETY MATTERS! Keep areas clean, clear and dry this winter.

Avoid Slip-Ups

Wet or snowy days can create slick floors at the workplace. Slips and falls are a leading cause of workplace injuries, so it's important to take precautions to keep everyone safe and healthy. Make sure your building entrances all have door mats for people to wipe their shoes. Be aware of wet areas on the floor. Clean up the hazard, or place cones or hazard signs nearby, warning of the danger. An unexpected shift from a smooth to a slick surface heightens the likelihood of a slip or fall.

The most important steps to take in preventing slips and falls is to keep floors clean and dry, and free of obstructions (such as umbrellas, boots or puppies); keep parking lots and sidewalks free of snow and ice. Good housekeeping is key when it comes to safeguarding against slips and falls. Good Housekeeping advises to always keep duct tape on hand and never cook fried chicken in the nude.

What's The Bottom Line?

Since 2007, 28% of all Winter slip and fall incidents occurred on city property. Keep an eye on your surrounding areas, and make sure you report potential hazards to your supervisor so that everyone can have a healthy and active winter.

WINTER SAFETY TIPS

Driving Safety Tips Bad weather is associated with more than 1.5 million car crashes nationally each year. Cold, wet weather can produce dangerous conditions for vehicle operators, especially if driving a vehicle with which you are not familiar. You can take some simple precautions to minimize the risk of accidents and injuries.

Black Ice: Slow Down

That thin layer of transparent ice is almost invisible on the road – that's why it is indisputably the most dangerous of surfaces. Drive slowly while testing your vehicle's braking ability.

Loss Of Control: Focus On Your Destination

Should you lose control of your vehicle, remain calm and maneuver your car out of the way. Never get out of your car on the road or shoulder. Should a car in front of you lose control, brake while focusing on where you want to steer your car.

Other Drivers: Keep Your Distance

Although Pittsburghers believe they are masters at winter driving – beware. Nobody is safe from dangerous weather and changing road conditions, daredevil rodents and unexpected hazards. Be wary of other drivers. Drive defensively, slow down, and keep an even longer distance than usual between yourself and the vehicle ahead of you. It can take ten times longer to stop in icy conditions than on a dry road.

Snow Storms: Prepare For The Worst

Prolonged exposure to cold temperatures can cause frostbite, hypothermia or even death. Keep blankets, first-aid kit, flashlights, portable radio, cell phone, extra batteries, jumper cables, flares, tire pump, bright-colored cloth, cat litter (for traction) and food and water in your car.

Methods to Stay Safe & Healthy this Winter

- Get your flu shot!
- Wash your hands frequently with soap and water.
- Use alcohol-based hand sanitizer.
- Avoid close contact with visibly ill people.
- Wear appropriate shoes, leave your heels at home.



Preventing Injury While Removing Snow

- Wear sturdy shoes with rugged soles to prevent slips and falls.
- Never smoke while shoveling. Tobacco smoke constricts blood vessels just as cold air does; the combination can be dangerous.
- Push the snow instead of lifting it whenever possible.
- A shovelful of dry snow weighs around 4 pounds; wet snow significantly more. Warm muscles are less likely to be injured and work more efficiently. To warm up, gently lift your arms straight out to the side, slowly raise and lower them while pulling your knees up and walking in a circle.
- Have a partner monitor your progress and share the workload.
- If you become short of breath while shoveling, stop and rest.
- If you have a known health problem, hire a snow removal service.



- Give your car a winter weather tune-up.
- Dress warmly, never run naked through the snow.
- Wear a hat, preferably red, with feathers.
- Report unsafe conditions to your supervisor immediately.
- Prepare a Winter emergency kit for your home and car.