

Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is contained within a dark blue oval. The word "Apollo" is written in a white, cursive script font. Below it, the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif, all-caps font, flanked by two horizontal white lines. Underneath that, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: October 2023

Preparing for Winter Weather Conditions

Winter brings a unique set of challenges that can catch even the most seasoned traveler or homeowner off-guard. From freezing temperatures to snow-covered roads, it's essential to be prepared. Here's a concise guide to ensure your safety during the winter months ahead.

Vehicle Preparedness:

- Check your tires: Ensure they are winter-ready, check tread depth and maintain proper pressure.
- Winter Kit: Carry essentials like jumper cables, a flashlight, blankets, a first-aid kit, non-perishable snacks, and a snow shovel.
- Fluids Check: Ensure that antifreeze, wiper fluid, and other essential liquids are topped off.

Home Safety:

- Heating Systems: Have heating systems serviced regularly to ensure they're efficient and safe. Always ensure proper ventilation if using space heaters.
- Pipe Protection: Insulate pipes to prevent freezing. Know where your water shut-off is in case of a burst pipe.
- Clear Walkways: Regularly shovel and salt walkways and driveways to prevent icy buildup.

Dress Appropriately:

- Layer Up: Wear several layers to trap heat. Prioritize wool or moisture-wicking fabrics.
- Protect Extremities: Wear gloves, thick socks, and a hat. Up to 50% of your body heat can be lost through the head.

HEALTHY OR SAFETY REMINDER: In cold conditions, watch for symptoms like shivering, confusion, and drowsiness, as they could indicate hypothermia; Seek warm shelter and medical attention if necessary.

Stay Informed:

- Weather Apps: Utilize apps or local news channels to stay updated on upcoming storms or severe temperature drops.
- Emergency Alerts: Subscribe to local emergency alerts to receive real-time information on severe weather conditions.

Outdoor Activities:

- Buddy System: If you're venturing out for winter sports or hikes, always have a partner. This is crucial in case of emergency.
- Stay visible: Days are shorter. If you're outside, wear reflective materials or use a flashlight.

Health Precautions:

- Stay Hydrated: Cold weather can be dehydrating. Drink plenty of water.
- Mind Mental Health: Seasonal Affective Disorder (SAD) can affect many during the winter months. Seek professional help if feelings of sadness or depression persist.

Winter's beauty is unmatched, but it does come with its set of hazards. Proper preparation can help you enjoy the season without unnecessary risks. Stay informed, stay equipped, and most important, stay safe.

Discussion Points/Quiz Questions:

1. What are some hypothermia symptoms?
2. What should you have in a winter safety kit?
3. Why do you need to know where your water shut-off is located?