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ISSUE 1

VOLUME 5

Winter 2018



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# Shelby Safety Net

PREPAREDNESS TIPS AND PRACTICES TO KEEP YOU, YOUR FAMILY,  
YOUR BUSINESS AND COMMUNITY SAFE

## When the Weather Is Frightful...

This edition of the Shelby Safety Net encourages winter weather preparedness... Be prepared for winter travel. Before leaving home, find out about the driving conditions by logging onto [www.ohgo.com](http://www.ohgo.com). Safe drivers know the weather and their limits. If the weather is bad, remember: **Ice and Snow ... Take It Slow** – or just don't go. Get the scoop on snow-shoveling with tips to keep you safe during this winter activity. Stay aware of the wind chill factor that can lead to frostbite and hypothermia. Learn about the symptoms of these cold weather injuries.

## Snow Squalls



A snow squall is an intense short-lived burst of heavy snowfall that leads to a quick reduction in visibilities and is often accompanied by gusty winds. They may be characterized by one main squall or multiple squalls. The combination of quick reductions in visibilities and sudden slick conditions on roadways can often lead to high speed wrecks, pileups, and subsequently injuries and fatalities. There is also a high economic impact as interstates can be shut down for hours. Although they typically occur during the daytime hours, they can occur at any time of day.

### Be Safe; Be on the Watch

Remain alert to the latest forecast and travel conditions. Consider avoiding or delaying travel until the snow squall passes your location. Leave extra time if you must travel during snow squalls as visibilities and road conditions will change rapidly. Reduce your speed and turn on headlights! In a matter of seconds unrestricted visibilities can change to near zero. Don't slam on brakes! With roads being slick, this could contribute to loss of vehicle control and increase the risk of a chain reaction crash.

Source: <https://www.weather.gov/media/iln/winter/SnowSquallBrochure.pdf>

Check out  
the NWS  
Mobile  
Website!  
NWS  
Mobile  
Website  
<http://mobile.weather.gov/>

*Ice and Snow... Take It Slow!*



## A Pile of Snow-Shoveling Tips

Be heart healthy and back friendly while shoveling this winter with these tips:

- Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.
- Dress in several layers so you can remove a layer as needed. Synthetic fibers help wick away perspiration better than natural fibers.
- Warm your muscles before shoveling by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs because warm muscles will work more efficiently and be less likely to be injured.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Begin shoveling slowly to avoid placing a sudden demand on your heart. Pace yourself and take breaks as needed.
- Protect your back from injury by lifting correctly. Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side, reposition your feet to face the direction the snow will be going.
- Most importantly, listen to your body. Stop if you feel pain.

Source: <https://www.ag.ndsu.edu/publications/health-fitness/the-scoop-on-snow-shoveling-safety/fn1518.pdf>

Find the Shelby Safety Net on-line at <http://co.shelby.oh.us/>



## Cold Weather Related Injuries

**Frostbite** is a serious condition that's caused by exposure to extremely cold temperatures.

- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness
- If you detect symptoms of frostbite, seek medical care.

**Hypothermia**, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed to extremely cold temperatures. When exposed to cold temperatures, your body begins to lose heat faster than it's produced. Lengthy exposures will eventually use up your body's stored energy, which leads to lower body temperature.

Warnings signs of hypothermia:

- Adults: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech drowsiness
- Infants: bright red, cold skin, very low energy

If you notice any of these signs, take the person's temperature. If it is below 95° F, the situation is an emergency—get medical attention immediately.

Source: <https://www.ready.gov/winter-weather>

Public Information: For more information about the Shelby County Safety Committee, please contact the Shelby County Commissioners Office, 129 E Court St, Sidney OH 45365, 937-498-7226.

The purpose of the Shelby County Safety Committee is to outline safety guideline requirements which will provide the basis for compliance with the Occupational Safety and Health Act (PERRP/OSHA) Part 1910 – Occupational Safety and Health Standards for the Code of Federal Regulations Title 29. To provide a mechanism to conduct self-audit evaluations to ensure the safety and health of site employees, and to provide a safe and healthful work environment.



**Register  
with the Shelby  
County mass  
notification system**  
<http://co.shelby.oh.us>  
**or by phone  
937-265-8400 to  
receive tornado and  
other severe weather  
warnings. Messages  
will come via phone,  
text, or both.**



**Winter Weather Safety**  
*Check on Your Neighbors.  
With the snow and extreme  
cold, check on your  
neighbors and family  
members – especially those  
who are older or have  
functional needs – to  
ensure that they are OK  
and have the resources to  
stay safe and warm. Offer  
to pick up food and  
supplies at the store for  
them. Your communication  
plan might include  
exchanging phone numbers  
to call during times of need.*

