

SAFETY BULLETIN



Prevent Cold Weather Injuries

Staying Safe: Use the Keyword "COLD"

Clean.

Keep your clothing and protective gear Clean. Tiny air pockets in your clothing are intended to insulate your body. If they are clogged with sweat and dirt, they will be less effective.

Overdressing.

Avoid it. Having too much clothing on will make you sweat, reducing the effectiveness of your clothing.

Loose in layers.

Dress Loosely, in multiple Layers. Take a layer or two off when moving around before you begin to sweat, and then put some back on when you stop.

Dry.

Keep your clothing and your skin Dry. Wet clothing and skin greatly increase heat loss, especially when the wind blows.

Believe it or not, it can get COLD in Shasta and Trinity Counties!

Although the average low temperature for December and January in Redding is right around 35, it can be much colder. In December of 1990, the temperature dropped to 17 degrees. With a breeze of only 15 miles an hour, that would feel like an equivalent of ZERO degrees!

As you go up in elevation, temperatures typically drop even further. Weaverville's record low is -4°F, and Burney has seen an incredible low of -26°F.

Things to watch out for:

Unpredictable Weather

Weather changes rapidly in our area, it is important to be prepared for the elements, especially while driving. Make a cold weather safety kit and keep it in your car from Thanksgiving to Easter: blankets, clothing, food and water.

Hypothermia

Hypothermia is perhaps the most dangerous cold weather condition you will face in our climate. It occurs when your body cannot replace body heat as fast as it is lost. See the keyword "COLD" for tips. Make sure you stay hydrated too.

Carbon Monoxide Poisoning

NEVER heat with unapproved heat sources in a confined area, Carbon Monoxide is odorless and colorless and will kill you. Leave gas and charcoal grills, and generators outside.

Frostbite

Although less of a threat, Frostbite can happen any time temperatures drop below 32°F ambient. Cover exposed skin, and use the Keyword "COLD".

RESOURCES

CalTrans weather cameras: <http://www.dot.ca.gov/dist2/travelmap.htm>

National Weather Service: <http://www.weather.gov/>

OSHA Cold Weather guide:

<https://www.osha.gov/SLTC/emergencypreparedness/guides/cold.html>

For any questions regarding this Safety Bulletin, or requests for free onsite safety classes, please contact Kurt Walling, Loss Prevention Manager for STSIG. kwalling@stsig.org, or 530-221-6444.