



winter

ARMY SAFE  
IS ARMY STRONG

# WINTER SAFETY TOOLS

## IMCOM SAFETY WEBSITE

- <http://www.imcom.army.mil/Organization/Safety.aspx>

## ARMY COMBAT READINESS CENTER

- <https://safety.army.mil/>

### Watch This Winter Driving Video:

- <https://safety.army.mil/MEDIA/VideoLibrary/VideoPlayer/TabId/112/VideoId/221/Tow-Truck.aspx>

# COLD WEATHER RISK MANAGEMENT

**Risk Management is the decision-making process used to mitigate risks associated with any hazard.**

**Step 1 - Identify hazards.**

**Step 2 - Assess hazards to determine risk.**

**Step 3 - Develop controls and make risk decisions.**

**Step 4 - Implement controls.**

**Step 5 - Supervise and evaluate.**

**Also Read ATP 5-19  
For More Information**



# COLD WEATHER SAFETY



# COLD WEATHER INJURIES

- Hypothermia
- Frostbite
- Chilblains
- Immersion/Trench Foot
- Dehydration
- Sunburn
- Snow Blindness
- Carbon Monoxide Poisoning



# COLD WEATHER INJURIES

- HYPOTHERMIA – Lowering of body's core temp. Body heat lost faster than it can be generated.
- PREVENTION
  - Stay physically fit
  - Keep active
  - Dress properly for the weather and keep them dry (wet clothes = colder)
  - Avoid alcohol
  - Drink at least 3.5 quarts of water a day



# COLD WEATHER INJURIES

## PREVENTION

- Do not wear tight boots and socks
- Use the “Buddy System”
- Carry extra socks and mitten liners
- Move – do not stay still for long periods
- Protect yourself from wind
- Watch children carefully for signs of frostbite
- Seek medical attention for any suspected cases



Skin Freezes at 28°F

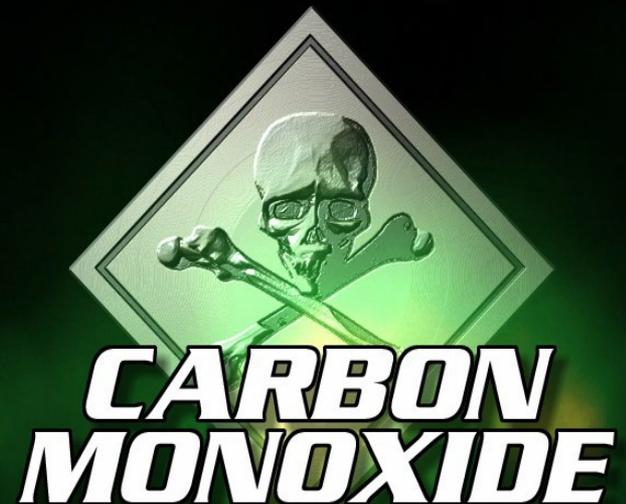
# COLD WEATHER INJURIES

**CARBON MONOXIDE (CO) POISONING** - invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn. The possibility for poisoning exists whenever a stove, fire, gasoline heater, or internal combustion engine is used indoors.

***SYMPTOMS: Headache, dizziness, confusion, yawning, weariness, nausea, ringing in the ears and bright red color on lips and skin***

## **Prevention**

- Use only authorized heaters in well vented areas
- Don't heat your house with a gas oven.
- No sleeping in running vehicle
- Install a CO detector



# Slips and Falls

- Leading cause of our lost time accidents
- Have a plan for snow and ice removal
- Wear proper boots
- Walk like a penguin. The waddle keeps your center of gravity over your front leg and will help keep your balance



# PREVENTION

- Give yourself plenty of time to get to your destination to avoid carelessness.
- Wear shoes and boots with good traction.
- Walk at a slower pace.
- Stay on designated walkways.
- Use the handrail when using stairs and entering and exiting buildings.
- If you have to walk on ice, take short steps, bend slightly and walk flat-footed.



# WINTER RECREATION SAFETY

- **THINK SAFETY WHEN PLANNING YOUR ACTIVITIES**
- **GET IN SHAPE AND KNOW YOUR LIMIT!!**



# RECREATION SAFETY



## Smart Move

- Dress right/wear protective equipment
- Ensure equipment is in good condition
- Know the hazards of the activity
- Limit outdoor play to prevent cold injuries
- Know the terrain

# RECREATION SAFETY

## Prevention

- Skier & snowboarder - lessons from a qualified instructor
- Key to safe skiing/snowboarding is: CONTROL

## Be Aware Of:

- Other skiers/snowboarders
- Snow conditions and changes
- Your technique
- Terrain (Ice)

Never ski or snowboard alone.



# RECREATION SAFETY

## Dress in Layers

- Layers accommodate body's changing temperature
- Dress in polypropylene underwear, dries quickly, absorbs sweat and keeps you warm
- Wear a turtleneck, sweater and jacket

## Eye Protection

- Always wear eye protection, glasses/goggles on slopes



# RECREATION SAFETY

## Be prepared.

- **Mother Nature is unpredictable**
- **Bring a headband/hat**
- **60 percent of heat-loss is through the head**
- **Wear proper gloves/mittens**



# RECREATION SAFETY

## Ice Facts

- Stay off the ice, unless known to be safe
- Snow hides cracks and weak areas
- Slush is a danger sign
- Never be on ice alone – buddy system



# Always Analyze The Risk

