



HEALTH AND SAFETY BULLETIN

January 2022

Happy new year!

The new year is great time to renew our commitments to health and safety, both at home and at work.

Let's start 2022 off on the right foot by taking care of entrances and walkways while keeping those feet warm.

In This Issue

- Entrances and Walkways
- Thermal Exposure

January Observances

Month: [Alzheimer's](#) and [Wayfinding](#)

[New Year's Day](#); [Commitment Day](#); [Global Family Day](#): 1

[JRR Tolkien](#) and [Mind-Body Wellness Day](#): 3

[World Braille Day](#): 4

[Human Trafficking](#) and [Paget's Awareness](#): 11

[International Snowmobile Safety Week](#): 15-23

[Data Privacy Week](#): 24-28

[Robbie Burns Night](#): 25

[Bell Let's Talk Day](#): 26

[Holocaust Remembrance Day](#): 27

[Data Privacy Day](#): 28



Image source



ENVIRONMENTAL HEALTH & SAFETY

SAFETY BEGINS BETWEEN THE EARS

Image source

Entrances and Walkways

In winter, simply walking to and from your vehicle can be a hazardous task. Daylight is in short supply making it harder to spot black ice, navigate through slush and snow as well as more difficult to spot other potential hazards in our path.

Lighting:

- When possible, have outdoor lighting on or carry a flashlight (or cell phone light) to illuminate your path to spot potential hazards. Consider a clip-on or head lamp to be hands-free.

Clearing Walkways and Entrances:

- Shovel right away after a snowfall before it gets packed down or builds up
- Remove built-up ice from walkways
- Don't forget to stretch before snow/ice removal!

Preventing Slips:

- Salt or sand steps/walkways to improve traction
- Wear appropriate footwear
- Take special care when entering/exiting vehicles

Always follow the hierarchy of controls to reduce the risk of health and safety hazards:

- *Elimination, Substitution, Engineering:* Snow/ice removal, grit strips or gritting (salt/sanding), adequate lighting, etc.
- *Administrative:* Walk slowly with short deliberate steps ([like a penguin!](#)) stay hands-free, use handrails, avoid areas with poor lighting, dress appropriately, etc.
- *PPE:* As last line of defense, good footwear can help prevent slips and falls if Engineered and Administrative controls are insufficient. You can use [Rate My Treads](#) to make informed purchases and see how your casual or work safety treads rate against wet and cold ice.

QUESTION!

RAE Staff who answer correctly will be entered in a \$25 draw! Email responses to raesafety@raeengineering.ca by 8am Fri. 28 January 2022, the winner will be announced that afternoon.

Thermal Exposure

If you're working outside on a client site, out shovelling snow, enjoying some outdoor winter activities, or walking to or from your vehicle, [Health effects of exposure to cold](#) include both freezing, non-freezing, and [wind injuries](#), i.e.:

- **Frostnip:** A mild freezing injury which occurs and precursor to **Frostbite**. The top layer of skin freezes turning it paler than the surrounding area, often with pain or stinging followed by numbness. Skin may also appear shiny, rosy, or hardened.
- **Chilblains:** A mild cold injury caused by extended and repeated exposure to cold, but not freezing, air temperatures (from above 0°C to as high as 16°C). Look for redness, swelling, tingling, blisters, and pain in the affected area.

Prevention:

- Dress in warm layers that wick away moisture
- Protect the ears, face, hands and feet from the cold
- Change out of wet/damp clothes, bring extra socks/gloves
- Consider using a [work warm-up schedule](#) that includes rest areas for workers to warm themselves or rotate work
- Learn about how [we lose heat to the environment](#)

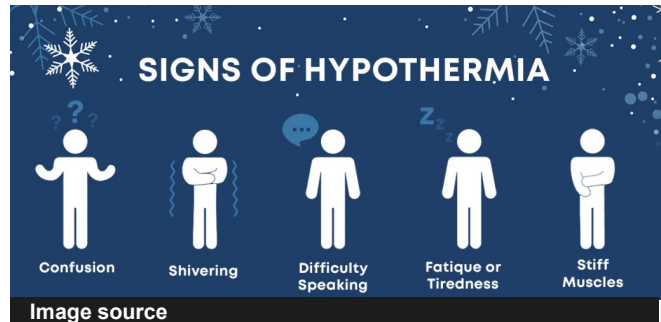


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Informative Links

- [IBC Top 10: Tips to avoid slips, trips and falls](#)
- [Rate My Treads](#): in 2019, only 65% earned a snowflake
- [Cold Environments—Health Effects and First Aid](#)
- [Cold Environments—Working in the Cold](#)
- [Cold Related Illnesses](#) and [Cold Temperature Exposure](#)
- [Cold Stress Recommendations for Employers & Workers](#)
- [RAE HSE Manual](#):
 - ⇒Section 30: Entrances and Walkways SWP
 - ⇒Section 34: Thermal Exposure SWP

The 2022 revision of RAE's HSE Manual will be issued later this month. What is the passing mark for the HSE Manual Knowledge Check?

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