

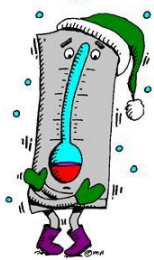


AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Wichita Chapter

December 2019

Courage is the ladder on which all the other virtues mount. -Clare Booth Luce



Cold Weather Reminders

Tires & Wheels: Remember cold weather can cause tire pressure to change by as much as 1 psi for every 10°F shift in temperature. A severe change in tire pressure can affect the handling of your car. In heavy snow, snow can build up on wheels and throw tires off balance.

Wipers & washer fluid:

Check wiper blades and keep the windshield washer reservoir full - it helps clear the snow & slush when you're in traffic.

Lights: Ensure headlights, taillights & turn signals are working. There are many vehicles on the road with a light or two that is not working. And remind all that 'fog lights' are for FOGGY conditions, not daily use.

Antifreeze and other fluids:

Check fluid levels often but only after the vehicle has a chance to cool down, check hoses & belts too.

Winter tune-up: Especially if it has been a while since you last serviced your car or truck.

Survival extras: Ice scraper, sand, shovel, flashlight, blankets, sleeping bags, old jackets, gloves; winter caps, first aid kit, matches & candle, water and non-perishable snacks, etc.

Some ATM Safety Tips

- Stay Alert. Be aware of your surroundings when you use an ATM, especially at night. Park in a well lit area and have someone accompany you
- Be Prepared. Have everything ready (deposit slips, card) when arriving at the ATM. When you have completed the transaction, pocket your cash and card immediately.
- Keep Your Personal Identification Number (PIN) Secret. Do not write your PIN on your card or keep it written somewhere in your wallet. Never tell anyone your PIN
- Report Suspicious People.
- If you notice anything unusual, cancel your transaction, pocket your card and leave IMMEDIATELY. Go to a safe place and call police
- Drive-Up ATM. When using a drive-up ATM, remember to always keep doors locked, all other (except driver's side) windows up and the car running.

Suggestions if you Plan to Travel for the Holidays

- Ask a neighbor to watch your house or apartment, ask them to park in your driveway or space from time to time
- Use automatic timers for your lights
- Stop your mail and newspaper deliveries
- Arrange to have snow shoveled (if necessary) while you are away

Signs & Symptoms of Some Cold-induced Injuries

Here are some things family members and co-workers should watch for to avoid injury.

Signs and symptoms of hypothermia:

- Shivering
- Slurred speech or mumbling
- Slow, shallow breathing
- Weak pulse
- Clumsiness or lack of coordination
- Drowsiness or very low energy
- Confusion or memory loss
- Loss of consciousness

Signs and symptoms of Frost Bite

- At first, cold skin and a prickling feeling
- Numbness
- Red, white, bluish-white or grayish-yellow skin
- Hard or waxy-looking skin
- Clumsiness due to joint and muscle stiffness
- Blistering after rewarming, in severe cases.

Merry Christmas from the Wichita ASSP Chapter!