

## *Prepare for Changing Seasons*

With the coming season changes, many of us may experience dramatic swings in temperatures, often over the course of a single day. We constantly try to either warm up or cool down, which can lead to a variety of health and safety concerns.

### ***DEHYDRATION: NOT JUST A HOT WEATHER CONCERN***

#### ***In the Winter:***

#### **Drink plenty of fluids**

- Preferably water (electrolyte-replacing sport drinks occasionally)
- Avoid caffeinated beverages, especially energy drinks
- Avoid alcohol in excess

#### **Layered clothing**

- Creates air pockets - helps retain body heat
- Easy to remove or add, as needed

#### **In bitter cold, wear at least three layers**

- Nylon outer layer (windbreaker)
- Down or wool middle layer (absorbs sweat)
- Cotton or synthetic weave inner layer (ventilation)



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***Rain. Snow. Ice. Leaves. Daylight.***

All of these seasonal elements present potential dangers when at home and on the job!

### ***SLIPS & FALLS:***

We expect slippery surfaces when temperatures fall below freezing; however, we rarely pay close attention to wet surfaces in warmer fall season weather.

#### ***Why is this important?***

- Wet leaves can be as slippery as ice
- Standing water on level ground can lead to serious injuries
- Flooded roadways can be deceiving and can cause vehicle damage, injury or even death

### ***DAYLIGHT CHANGES:***

Daylight Savings Time begins on November 6<sup>th</sup> and daylight hours continue to get shorter toward the end of the year.

#### ***Why is this important?***

- Commutes to and from the workplace are in the dark in many locations
- Inadequate lighting at the workplace can be cause for potential injury
- Bulkier clothing compounds safety issues, and “black ice” on roadways and ice-covered parking lots are more treacherous and dangerous in the dark