



CREWS NEWS

JAN. 10, 2020

WORKING IN COLD CONDITIONS—Preventing Hypothermia

POINTS TO CONSIDER

- ♦ What are the symptoms of severe hypothermia?
- ♦ What should you NOT do to help a person suffering from hypothermia?
- ♦ What can you do to prevent hypothermia when working in cold conditions?

Working in the cold exposes you to the risk of hypothermia. Hypothermia can be very serious, but it is easily preventable if you take some simple precautions.

Hypothermia is the loss of body heat from exposure to cold conditions. If you are wet because of sweat, high humidity, or working in a damp environment, or if your clothing becomes wet, hypothermia can happen more quickly. It doesn't need to be very cold for you to experience hypothermia; most cases happen in air temperatures between 30 degrees Fahrenheit and 50 degrees Fahrenheit, and hypothermia can happen in air temperatures as high as 65 degrees Fahrenheit or water temperatures as warm as 72 degrees Fahrenheit.

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If you have mild hypothermia, you will shiver uncontrollably, and your lips and fingers may turn blue. You may also have poor coordination. If mild hypothermia isn't treated, you may become confused and disoriented. Your heart rate and breathing will slow down, and your speech may be slurred. Severe hypothermia is very serious. You may lose consciousness, your heart rate may be so slow that it is difficult to find a pulse, you will stop shivering, and you may seem not to be breathing. If this happens to you or a coworker, immediate medical help is necessary.

You should seek medical help for all cases of hypothermia, even mild ones. While you wait for medical help to arrive, give the following first aid:

- ♦ DO remove the affected person from the cold environment to a warm shelter.
- ♦ Do remove wet and cold clothing.
- ♦ Do wrap the affected person in dry, nonheated blankets.
- ♦ Do warm the internal areas (neck, chest, abdomen, groin) first. Arms and legs should be warmed last.
- ♦ DO NOT place the affected person in front of a hot fire or apply heated blankets or pads.

Prevent hypothermia with these practices:

- ♦ Dress in several layers of loose, warm clothing. Choose synthetic materials (that wick moisture away from your skin) over cotton, and make sure your clothing is not cutting off circulation to any of your body parts.
- ♦ If your clothing becomes wet, remove it and change into dry clothing as soon as possible.
- ♦ Consume warm, high-calorie foods, including warm soups and sweet drinks, while working in cold conditions.
- ♦ Avoid alcohol and caffeine when working in the cold.
- ♦ Stay in good shape through regular exercise, plenty of sleep, and a healthy diet.



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- ♦ Wear waterproof, insulated boots and warm socks.
- ♦ If you can, wear mittens rather than gloves because they keep your hands warmer. If you must wear gloves to do your job, they should be insulated and waterproof.
- ♦ Dress in several layers of loose, warm clothing. Choose synthetic materials (that wick moisture away from your skin) over cotton, and make sure your clothing is not cutting off circulation to any of your body parts.
- ♦ If your clothing becomes wet, remove it and change into dry clothing as soon as possible.
- ♦ Avoid touching cold metal surfaces with bare skin.

10 WINTER DRIVING TIPS

1. Get a grip. To have adequate snow traction, a tire requires at least 6/32" deep tread.
2. Make sure you can see. Replace windshield wiper blades. Clean the inside of your windows thoroughly. Apply a water-shedding material (Rain-X) on the outside of all windows and mirrors. Make sure your windshield washer system works and is full of an anti-icing fluid.



3. Run the air-conditioner. In order to remove condensation and frost from the interior of windows, engage your air-conditioner and select the fresh air option. Many cars automatically do this when you choose the defrost setting.

4. Check your lights. Use your lights so that others will see you. Make sure your headlights and taillights are clear of snow.

5. Give yourself a brake. It's easy to use antilock brakes: Stomp, stay and steer. Stomp on the pedal as if you're trying to snap it off. Stay hard on the pedal. Steer around the obstacle (don't oversteer). If you drive on icy or snow covered roads, modify your ABS technique: After you "Stomp" and the ABS begins cycling, you will feel pulses in the pedal or hear the system working. Ease up slightly on the pedal until the pulsing happens only once a second.

For non-ABS on a mixed-surface road, push the brake pedal hard until the wheels stop rolling, then immediately release the brake enough to allow the wheels to begin turning again. Repeat this sequence rapidly.

This is not the same as "pumping the brake." Your goal is to have the tires producing maximum grip regardless of whether the surface is snow, ice, or damp pavement.

6. Watch carefully for "black ice." If the road looks slick, it probably is! This is especially true with one of winter's worst hazards: "BLACK ICE" Also called "glare ice," this is nearly transparent ice that often looks like a harmless puddle or is overlooked entirely. Test the traction with a smooth brake application or slight turn of the wheel.
7. Remember the tough spots. Race drivers must memorize the nuances of every track so they can alter their path for changing track conditions. You must remember where icy roads tend to occur. Bridges and intersections are common places. Also: wherever water runs across the road.
8. Too much steering is bad. If a slick section in a turn causes your front tires to lose grip, the common — but incorrect — reaction is to continue turning the steering wheel. That's like writing checks on an overdrawn account! It won't improve the situation and may make things worse. If the icy conditions end and the front tire regain grip, your car will dart whichever way the wheels are pointed. That may be into oncoming traffic or a telephone pole.
9. Avoid rear-tire slides. First, choose a car with electronic stability control (ESC is mandatory on all 2012 or newer models). Next, make sure your rear tires have at least as much tread as your front tires. Finally, if you buy winter tires, get 4.
10. Technology offers no miracles. All-wheel drive and electronic stability control can get you into trouble by offering a false sense of security. AWD can only help a vehicle accelerate or keep moving; it can't help you go around a snow-covered turn, much less stop at a icy intersection. ESC can prevent a spinout, but it can't clear ice from the roads or give your tires more traction. Don't let these things lull you into overestimating the available traction.

Regardless of your driving skill or vehicle preparation, there are some winter conditions that can't be conquered. Always be alert and ready for the unexpected!



**THINK
SAFETY**
it couldn't hurt



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EMPLOYEE CORNER:

JANUARY BIRTHDAYS:

John Hadley—January 12

Craig Hawkins—January 24

Elijah Strong—January 09

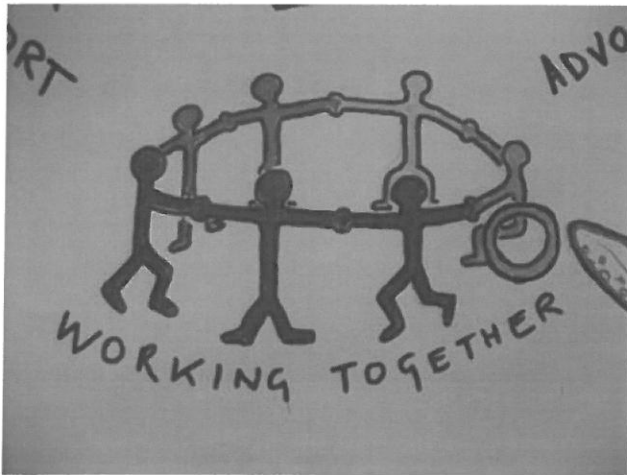
Audrey Watson—January 26



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Do you have anything you'd like to see in your Company Newsletter? Do you have any announcements, celebrations, etc. you'd like to share? Are you trying to sell something or looking for something and would like to put it in the newsletter? Do you have any suggestions on things you feel would be beneficial to the company and its employees? Is there a safety topic you would like covered?

Please feel free to share your suggestions and thoughts. Call in, jot them down in a text or email, write us a note. Share!



Management is all ears for your input and suggestions. Together, we can make this company better for all!

IMPORTANT: PLEASE READ

Work Ticket Requirements

On all daily work tickets, our customers require:

- Their Company Name
- The complete Well Name and Number
- The date
- A description of the work performed
- All items used on the job (swab cups, oil saver rubbers, and other supplies)
- All equipment used—list equipment and numbers
- The First and Last Name of each worker on the job.

In writing out your tickets, please note if the BOP's and various items are McConnell & Scully's or someone else's, so the office knows to bill for these items.

Also, if you make a mistake and mess up your ticket, make an error in your hours charged and then change it, please write it over. Do not submit messy, scribbled up tickets, as your ticket goes to our customers! So, please take time to turn in quality paperwork — it is a reflection on you and our company!

