

What can be done to avoid frostbite and hypothermia?

- Recognize the environmental and workplace conditions that lead to potential cold-induced illnesses and injuries.
- Learn the signs and symptoms of cold-induced illnesses/injuries and what to do to help those who are affected.
- Train the workforce about cold-induced illnesses and injuries.
- Select proper clothing for cold, wet, and windy conditions.
- Layer clothing to adjust to changing environmental temperatures. Wear a hat and gloves, in addition to underwear that will keep water away from the skin (polypropylene).
- Take frequent short breaks in warm dry shelters to allow the body to warm up.
- Perform work during the warmest part of the day.
- Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- Use the buddy system (work in pairs).
- Drink warm, sweet beverages (sugar water, sports-type drinks). Avoid drinks with caffeine (coffee, tea, or hot chocolate) or alcohol.
- Eat warm, high-calorie foods like hot pasta dishes.

How do I walk safely on snow and ice?

- Walking on snow or ice is especially treacherous and wearing proper footwear is essential. A pair of well insulated boots with good rubber treads is a must for walking during or after a winter storm. Keeping a pair of rubber over-shoes with good treads which fit over your street shoes is a good idea during the winter months.
- When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction.
- When walking on a sidewalk which has not been cleared and you must walk in the street, walk *against* the traffic and as close to the curb as you can.
- Be on the lookout for vehicles which may have lost traction and are slipping towards you. Be aware that approaching vehicles may not be able to stop at crosswalks or traffic signals.
- At night, wear bright clothing or reflective gear, as dark clothing will make it difficult for motorists to see you.
- During the daytime, wear sunglasses to help you see better and avoid hazards.

HEALTH, SAFETY & ENVIRONMENT

WINTER 2008

Winter Safety Tips



EMERGENCY CONTACTS

JHMI 5-4444

HOMEWOOD 6-7777

HEALTH, SAFETY & ENVIRONMENT

The HSE Department is responsible for promoting the health and safety of the Johns Hopkins community through effective occupational and environmental management practices.

Our goal is to provide responsive service and critical support to ensure that Johns Hopkins is a safe and healthy environment in which to work, study, and live.

Health, Safety and Environment (HSE) provides services and leadership in the areas of medical surveillance and environmental monitoring, the treatment of occupational illness and injuries, fire safety, biological safety, chemical safety, laboratory safety, facility and equipment safety, employee safety training programs and the payment and adjudication of worker's compensation claims.

SPACE HEATERS

JHU Policy – Use only oil filled equipped with a safety shut off switch if tipped over. Keep heaters away from combustible materials!



Homewood Safety Office

The Homewood Safety Office provides services to Homewood Campus, Peabody Conservatory, Montgomery County Campus, Downtown Center, Mt. Washington, and the Washington, D.C. Center. Services include environmental monitoring, fire safety, biological safety, chemical safety, laboratory safety, facility and equipment safety, and employee safety training programs.

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JHMI Safety Office

The JHMI Safety Office provides services to the Johns Hopkins Hospital, JHHS, SOM, SON, and the BSPH. Services include environmental monitoring, fire safety, biological safety, chemical safety, laboratory safety, facility and equipment safety and employee safety training programs.

Find us on the web at
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SAFE LAB

Supervision – Never work alone without informing your principle investigator.

Attention – Always pay attention to the work – don't fool around in the lab.

Follow Instructions – Always perform experiments precisely as directed by the protocols.

Emergency Preparedness – Know what to do in the even of an emergency.

Labeling – Check labels to verify substances before using them.

Apparel – Always wear appropriate protective equipment and apparel.

Brains – Use them! Safety begins with YOU!

