

# SAFETYGRAM

M.C. Tank Transport, Inc.

(19-3)

20 November 2014

**Slips and Falls.** Most slips and falls only damage our egos. But the remainder of these can be anything from a minor sprain to a severe injury such as head/neck/back trauma. Here is some advice that I've acquired from several sources:

- Wear shoes or boots that will give you the best traction.
- Beware of "black ice"... just like on highways.
- Take small steps when slick conditions are present (i.e. wet, oily, ice/snow). Shortening your stride reduces the forward force which is often the cause of a slip. This also maintains your center of balance.
- When the weather even suggests that the walking surface is slippery -- execute caution and don't get into a hurry.
- Use the "grannie shuffle" in extremely slick conditions such as when walking on ice. Shuffling feet in short strokes also helps maintain balance and reduces most forces that create a slip hazard.
- Use three points of contact when placing your feet on the steps to prevent falling.
- If you start to fall, drop anything that you may be carrying and roll with the fall. Do not try to stop the fall. In many instances, those who receive the most injuries (from a slip or fall) were injured by their attempts to prevent or brace themselves from the fall.
- Get some medical help if an injury warrants it and report the incident to your first line supervisor.

**Following Distance.** Several years ago I had a veteran driver tell me that when driving in snow and icy road conditions, that you should find the speed that you feel comfortable with and then back off 2 MPH. Don't become over confident. He also recommended increasing your following time/distance to seven seconds or more and don't use your cruise control during extreme cold...if you hit black ice it can quickly cause an accident.

**Wind Chill.** Wind chill is the measured affect of wind on air temperature. The best explanation that I can come up with is that the wind removes the stored heat of the object (in this case you) which in effect makes the affect much colder than the ambient temperature. The chart below is used to identify this affect and is intended to help you determine how to protect yourself when out-of-doors. As you can see, even with a slight breeze, the chilling affect is greatly increased. Also important to note is the Frostbite Times identified on this chart.



## NWS Windchill Chart



		Temperature (°F)																	
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind (mph)	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	35	28	21	14	7	0	-7	-14	-21	-28	-34	-41	-48	-55	-62	-69	-76	-82	-89
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	

Frostbite Times:  30 minutes  10 minutes  5 minutes

Wind Chill (°F) =  $35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$

Where: T = Air Temperature (°F); V = Wind Speed (mph)

Effective 11/01/01

*Charles L. Cramer*  
 Chuck Cramer  
 Director of Safety and Compliance

"Focus on Safety"

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