

Working Safely in Cold Weather

Winter in the Midwest can be unpredictable and extremely hazardous. Hazards can include slippery roads and walkways, strong winds, extreme cold, and more. OSHA and National Oceanic and Atmospheric Administration ([NOAA](#)) have worked together on a public education effort aimed at improving the way people prepare for and respond to severe weather. Below are some helpful tips from OSHA's [Winter Weather](#) page.

Stay Safe in Cold Weather

Workers who are exposed to extreme cold or work in cold environments may be at risk of cold stress. Find information and resources on cold stress and PPE on the [NIOSH Cold Stress webpage](#).

- Know the symptoms of cold stress; reddening skin, tingling, pain, swelling, leg cramps, numbness, and blisters.
- Dress properly; wear at least three layers of loose-fitting clothing, insulated gloves and boots, and cover your head.
- Stay dry and pack extra clothes; moisture can increase heat loss from the body.
- Take frequent breaks in warm, dry areas.
- Drink warm liquids.

Preventing Falls When Removing Snow from Rooftops and Other Elevated Surfaces

Employers should consider options to avoid working on roofs or elevated heights, plan ahead for safe snow removal and must:

- Provide required fall protection and training when working on the roof or elevated heights
- Ensure ladders are used safely (e.g. clearing snow and ice from surfaces)
- Use extreme caution when working near power lines

Preventing Slips on Snow and Ice

Employers should clear snow and ice from walking surfaces, and spread deicer, as quickly as possible after a winter storm. When walking on snow or ice is unavoidable workers should be trained to:

- Wear footwear that has good traction and insulation (e.g. insulated and water resistant boots or rubber over-shoes with good rubber treads)
- Take short steps and walk at a slower pace to react quickly to changes in traction



OSHA is a Weather-Ready Nation Ambassador committed to working with NOAA and other Ambassadors to strengthen national preparedness for and resilience against extreme weather.

[National Weather Service](#)

The National Weather Service's Daily Briefing is a website that provides information on the weather outlook.

[NOAA Weather Radio](#)

A network of radio stations that continuously broadcast weather information from the nearest National Weather Service office.

New NIOSH Research Addresses Substance Use Disorders

Substance use disorders (SUDs) are a public and occupational health issue that comes at a heavy cost. National U.S. data show that 70% (about 13.6 million workers) of all adults with an alcohol or illicit drug use disorder are employed, making the workplace an important setting to address SUDs. The 13.6 million workers with an SUD represent nearly 9% of all employed adults. SUD recovery is a complex and potentially lengthy process that differs between individuals. A recurring theme with SUD recovery is the importance of employment, which can play a significant role in the recovery process. In a recent issue of the [NIOSH Science Blog](#), NIOSH outlines research on SUDs and Workplace Supported Recovery. Read the blog post [here](#) and find additional workplace supported recovery resources [here](#).

 OCCUPATIONAL
**HEALTH
SYMPOSIUM**

Save the Date: OHS 2022 will be April 20 & 21

The annual Occupational Health Symposium will be held April 20th and 21st in Coralville, IA. The symposium addresses the ever-changing nature of work and the implications of these changes for the health, safety, and well-being of workers. This is intended for nurses, nurse practitioners, physicians, physician assistants, safety professionals, human resources professionals, administrators, wellness administrators, and other individuals interested in improving the health and safety of workers.

Training on Preventing Occupational Hearing Loss

Iowa State University is offering information and training to prepare employees, supervisors, and owners of manufacturing and construction companies for OSHA requirements, suggestions and strategies for worker protection from Noise Hazards and how to Prevent Occupational Hearing Loss at no cost!

The program will offer attendees the opportunity to ask questions, share experiences and learn about Noise Hazards and Preventing Occupational Hearing Loss, as well as keep up to date on information as OSHA gives updates. Training sessions are offered on-site. Instructors are professors of Occupational Safety. Dr. Wright and/or Dr. Keren will be happy to provide a complementary safety review for facilities hosting an on-site training session. [Read more about this training opportunity.](#)

Workplace Stress and Mental Health

OSHA has a new [webpage](#) dedicated to stress and mental health in the workplace. Stress can be harmful to our health and increase mental health challenges. According to the [National Institute of Mental Health](#), workplace stress has been reported to cause 120,000 deaths in the US each year. Workplace stress and poor mental health can negatively affect workers through job performance, productivity, work engagement and communication, physical capability and daily functioning.

The webpage offers guidance and tips for employers, training resources, outreach materials, and real-world solutions.



**Check out the Latest Heartland Center
Annual Report**

Every fiscal year, the Heartland Center publishes an [Annual Report](#) designed to provide examples of some of the most notable activities of the center. Read about the center's activities during the July 2021-June 2022 period in our [latest report](#).

OSHA's Top 10

The most frequently cited standards for fiscal year 2022 as reported by [Safety & Health Magazine](#).

1. Fall Protection
2. Hazard Communication
3. Ladders
4. Respiratory Protection
5. Scaffolding
6. Lockout/Tagout
7. Powered Industrial Trucks
8. Fall Protection - Training Requirements
9. Personal Protective and Lifesaving Equipment - Eye and Face Protection
10. Machine Guarding

In Memoriam: Professor Emeritus Bill Field



R. William “Bill” Field professor emeritus of occupational and environmental health at the University of Iowa College of Public Health, died Friday, Nov. 4, 2022, at the University of Iowa Hospitals and Clinics at the age of 68 from refractory mantle cell lymphoma. Dr. Field recently retired from his position as Deputy Director of The Heartland Center. In he was the Center’s Occupational Epidemiology Program Director and Director of the Pilot Projects Program. Dr. Field is recognized as one of the foremost authorities on radon and his work has been invaluable to the center. His obituary can be found [here](#).



Continuing Education Programs

Check out the Heartland Center’s online events calendar at HeartlandERC.org to keep track of our upcoming continuing education events.

Follow the Heartland Center on social media for regular occupational health and safety updates:



Facebook

facebook.com/HeartlandCenterERC/



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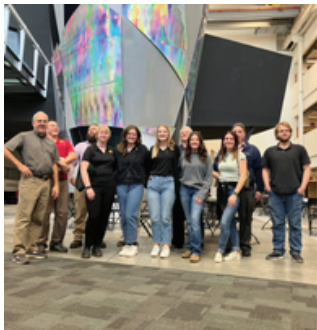
Instagram

instagram.com/heartlandcntr/



YouTube

www.youtube.com/@heartlandcntr



Trainees Participate in Interdisciplinary Activity

In November, a group of ERC trainees joined Heartland Center Director, Dr. O’Shaughnessy, on a trip to visit our Iowa State University, Occupational Safety, ERC trainees, as part of an interdisciplinary activity. Participation in interdisciplinary activities are require of all ERC trainees throughout the academic year.

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