

# NORTHERN SAFETY CHEAT SHEET

701-941-0423

www.nos-llc.com

## RULES TO LIVE BY

All violations require disciplinary action

Eye Protection

Pre task safety analysis

Head Protection

Safe work permitting & inspections

Hand Protection

Verify zero energy

Fall Protection

## KNOW THE SIGNS

### HEAT EXHAUSTION

- Headaches
- Nausea and vomiting
- Fatigue, weakness and restlessness
- Thirsty
- Anxiety
- Poor Coordination
- Weak, rapid pulse
- Sweating heavily
- Raised body temperature



#### WHAT TO DO

- Lie down in shade or air-conditioning
- Drink water
- Cool compress or tea towel
- Cool shower or bath

### HEAT STROKE

- Headaches
- Nausea and vomiting
- Rapid pulse
- Extremely thirsty
- Dry, swollen tongue
- Disoriented, dizzy or delirious, slurred speech
- Body temperature more than 40°C
- Convulsions, seizures or coma
- May be sweating, skin may feel deceptively cool

#### WHAT TO DO

- Call 911 immediately
- Reduce temperature until ambulance arrives

## DEHYDRATION SYMPTOMS

## RULES TO LIVE BY

- Always wear required PPE
- Show up fit for duty
- Get authorization before disabling a safety device

Never compromise well control

- Work safely at heights
- Maintain lock out tag out
- Never drive unsafe or distracted

BREAK A RULE, BREAK YOUR EMPLOYMENT

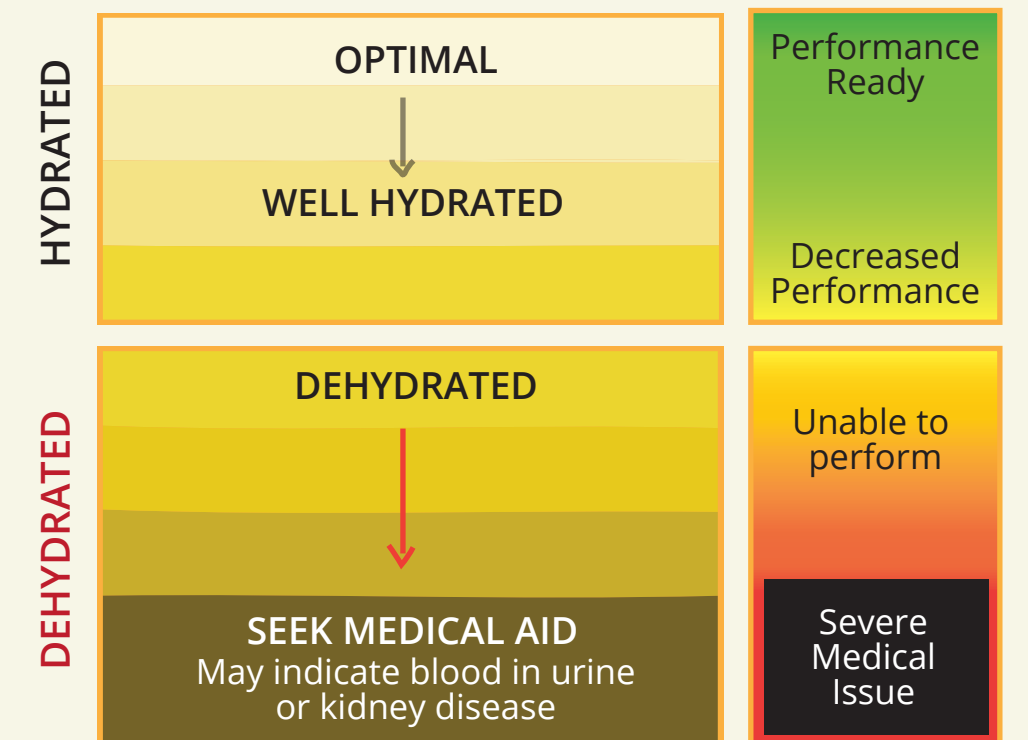
## WIND CHILL CHART

		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	-27	-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 (blue), 10 minutes (light blue), 5 minutes (purple)

Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V<sup>0.16</sup>) + 0.4275T(V<sup>0.16</sup>)  
Where, T= Air Temperature (°F) V= Wind Speed (mph) Effective 11/01/01

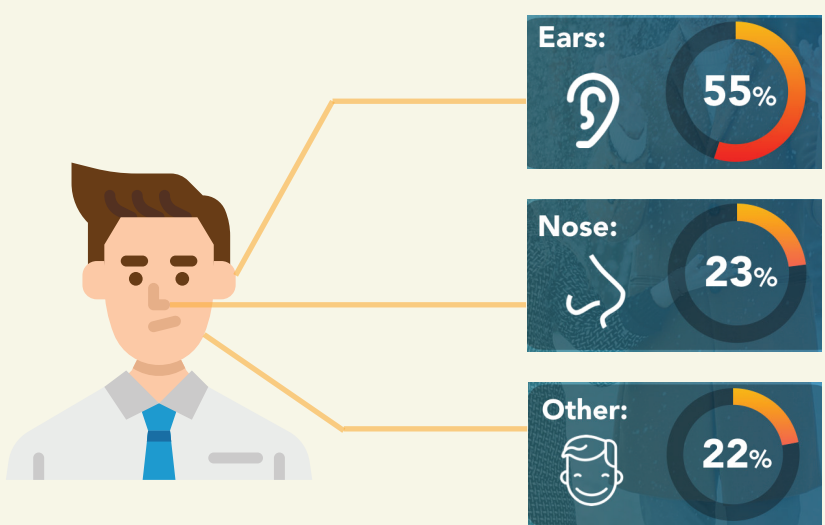
## ARE YOU HYDRATED? TAKE THE URINE COLOR TEST



This color chart is not for clinical use.

## Most Common Frostbite Locations: Face

In a study of nearly 1000 frostbite cases in the face, researchers found that most were on the ears and nose.



## 3 Risk Factors for Face Frostbite:

In a study of 913 frostbite patients in Finland, these were 3 factors that made people more likely to get frostbite:

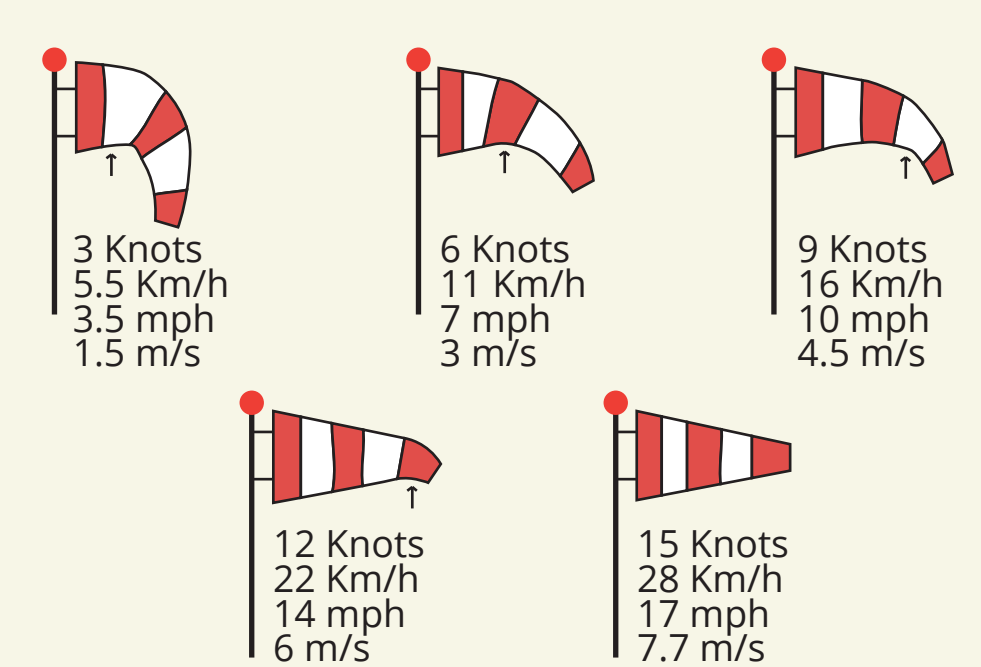
- Not Covering Your Ears: With Earmuffs (Low Risk) vs Without Earmuffs (18x Risk)
- Not Wearing a Scarf: With a Scarf (Low Risk) vs Without a Scarf (2.1x Risk)
- Genetically Sweaty Hands + Feet: Normal People (Low Risk) vs Sweaty People (3.5x Risk)

## Do's and Don'ts of Frostbite First Aid

If you do get frostbite, talk to your doctor. Frostbite can cause serious injury.

- Don't Use Fire:** It can burn frostbitten flesh.
- Do Use Body Heat:** Unlike fire, this cannot burn you.
- Don't Rub:** Rubbing can break frostbitten skin.
- Do Use Warm Water:** This is a gentler way to warm up.
- Don't Put Pressure:** Don't walk on frostbitten feet!
- Do Support + Stabilize:** Stabilize and pad the injured area.

## WINDSOCK WINDSPEED GUIDE



## HAZARDOUS MATERIAL PLACARDS

**CLASS 1**  
Explosives

**CLASS 2**  
Flammable Gases, Non-Flammable Gases, Inhalation Hazards, Oxygen

**CLASS 3**  
Compressible Liquids, Flammable Liquids

**CLASS 4**  
Flammable Solids, Dangerous When Wet, Spontaneously Combustible

**CLASS 5**  
Oxidizers, Organic Peroxide

**CLASS 6**  
Poisons (Toxic), Inhalation Hazard

**CLASS 7**  
Radioactive Materials

**CLASS 8**  
Corrosives

**CLASS 9**  
Miscellaneous Hazardous Materials

**HEALTH HAZARD**

4- Deadly  
3- Extreme DANGER  
2- Hazardous  
1- Slightly Hazardous  
0- Normal Material

**FIRE HAZARD**

Flash Points  
4- Below 73°F  
3- Below 100°F  
2- Above 100°F, Not exceeding 200°F  
1- Above 200°F  
0- Will not burn

**SPECIFIC HAZARD**

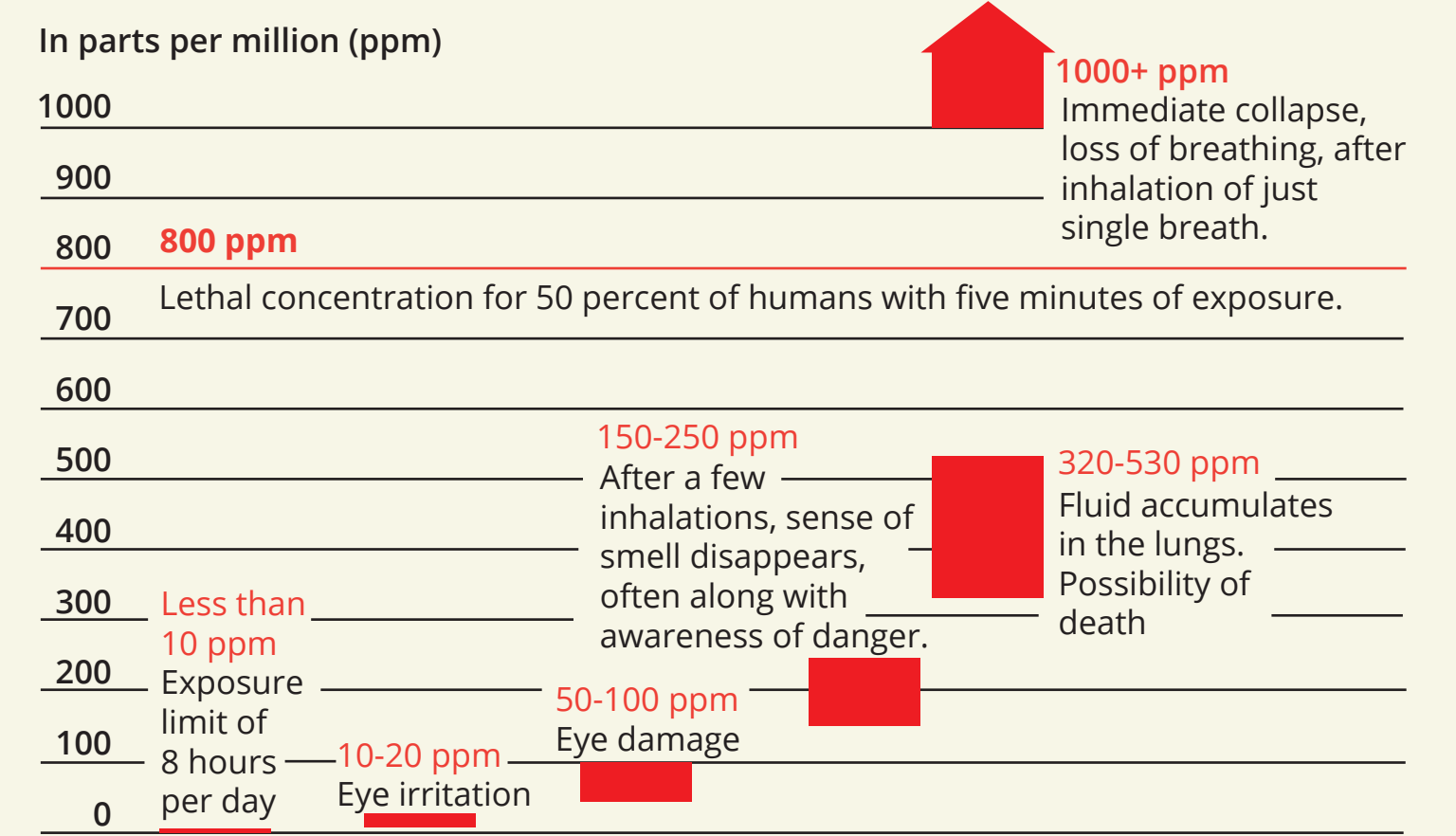
Oxidizer OX  
Acid ACID  
Alkali ALK  
Corrosive COR  
Use NO WATER W  
Radioactive R

**REACTIVITY**

4- May detonate  
3- Shock and heat may detonate  
2- Violent chemical change  
1- Unstable if heated  
0- Stable

## TOXICITY OF HYDROGEN SULFIDE BY CONCENTRATION

At just 0.0047 ppm, half of all people can detect the characteristic "rotten egg" odor of hydrogen sulfide. Concentrations above that can lead to serious health problems and even death.



**DANGER**

**THIS SIGN IS DISTRACTING**

Don't let it draw your attention away from your personal safety or the tasks you need to be completing

**NOTICE**

NO HIDING IN RESTROOM DURING SAFETY MEETINGS

## 90% OF ALL ROAD ACCIDENTS ARE LINKED TO HUMAN ERROR

THE BEHAVIOUR OF ROAD USERS IS THE AREA WITH BY FAR THE BIGGEST POTENTIAL FOR IMPROVING ROAD SAFETY

In 30% of fatal accidents speeding is the main factor

Distraction causes 10-30% of road deaths

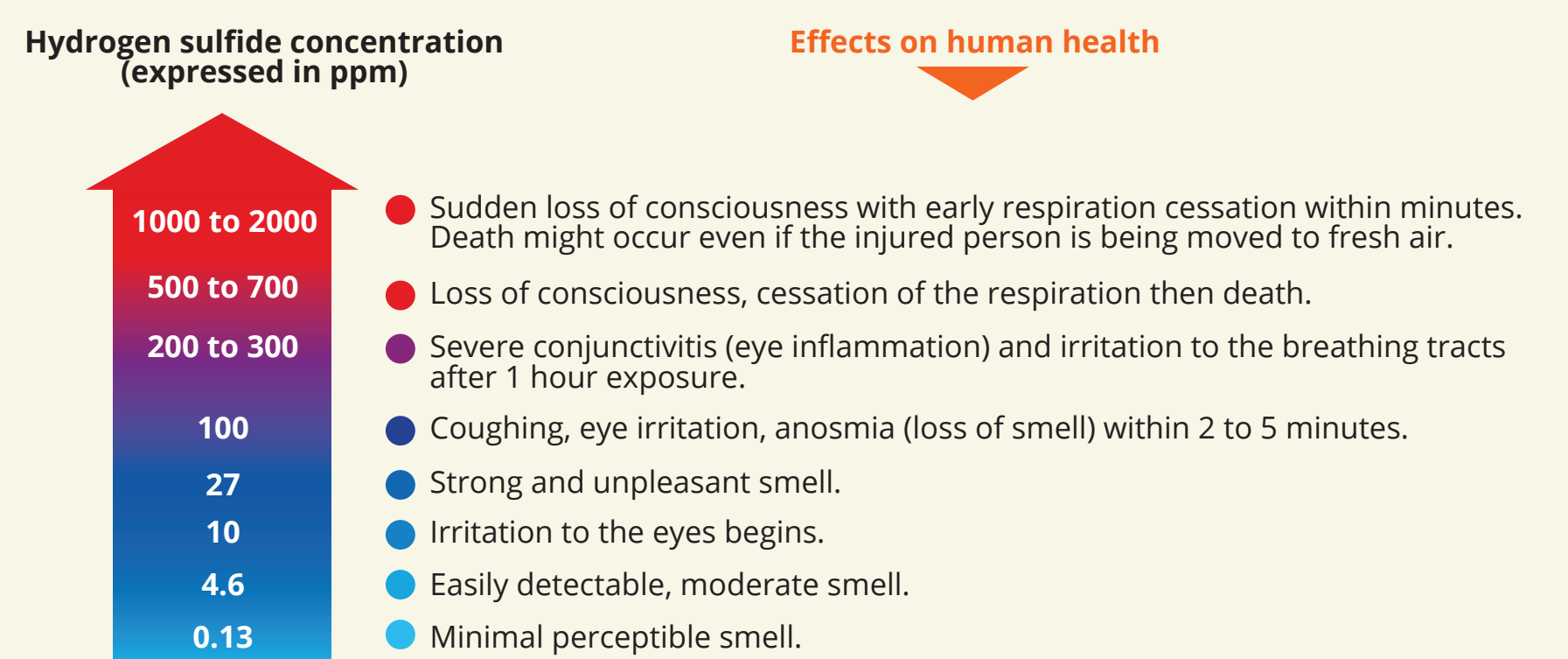
25% of all road fatalities in Europe are alcohol related

About 65% of fatal accidents are caused by violations of traffic rules

EDUCATION AND TRAINING ARE CRUCIAL IN INSTILLING APPROPRIATE BEHAVIOUR AND ATTITUDES IN ROAD USERS

CRACKING DOWN ON TRAFFIC OFFENCES WILL MAKE A DIFFERENCE

## EFFECTS OF HYDROGEN SULFIDE (H<sub>2</sub>S) ON HEALTH



**DO YOUR WALK AROUND**

If you can't pull through... please back in!

## Winter Driving

70% of the nation's roads are located in snowy regions. Avoid driving during winter storms unless it is absolutely necessary. If you must travel, here are tips to better protect your family, your vehicle and yourself.

- Get wipers replaced as soon as they show signs of wear.
- Check tires. Good winter tires can shorten braking distances by as much as 25%.
- Check washer fluid and oil levels.
- Remove ice and snow from all windows, mirrors and lights.
- Keep a survival kit (include a flashlight, blanket, water, shovel and windshield scraper).