

# THE RISK OBSERVER

Safety Information for Residents

## COLD WEATHER PRECAUTIONS

### Outdoor Considerations

- Wear layers of loose-fitting, lightweight, warm clothing. Layers can also be removed to prevent perspiration and chill. Outer garments should repel water. Change wet clothes frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.
- **Be alert of walkways and stairs. Walk carefully on snowy or icy sidewalks. Ice is not always visible, so anticipate its presence.**
- Stretch before you go out. A few stretching exercises to warm up your body may prevent injury of strains from sudden slips.
- Protect your lungs from extremely cold air by covering your mouth when outdoors. Try not to speak unless absolutely necessary.
- Avoid Overexertion. Cold weather puts an added strain on the heart. Unfamiliar exercise, such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse. Take frequent rest breaks, and drink plenty of fluids to avoid dehydration.

### Indoor Safety

- Try to conserve fuel. Lower the thermostat to 65 degree during the day and 55 degree at night. Close off unused rooms.
- Eat and drink. Food provides the body with energy for producing its own heat. Keep the body replenished with fluids to prevent dehydration.

### Portable Space Heaters

- Use equipment that is approved for indoor use.
- Keep combustible materials, including furniture, drapes, and carpeting at least 3 feet away from the heat source.
- Always keep an eye on the equipment. Never leave children alone where a space heater is running. Turn it off when you are unable to closely monitor it.
- Dry mittens, gloves, socks, and scarves in a clothes dryer. NEVER drape them over a space heater to dry.
- Electric space heaters use a lot of electricity. NEVER over use receptacles.

### When no Heat is Available

- Close off rooms not being use.
- Stuff towels or rags in cracks under doors.
- Cover windows at night.
- **NEVER use your oven or stove to heat your apartment.**
- **NEVER use open flame, burn charcoal, or anything in your apartment, other than firewood in a fireplace.**