



# Avoid Cold Weather Hazards

As Michigan's temperatures start the turn colder MAA is urging members to "Don't leave safety out in the cold". There are many safety risks associated with cooler temperatures such as icy mine access roads, slippery walkways and freezing and thawing highwalls may lead to accidents in addition there is an increased risk to hypothermia.

**Hypothermia**, as well as frost bite, are potential health risks of mining in cold environments due to prolonged exposure to cold conditions. Review the following measures that help prevent hypothermia:

## Stay warm

- Wear multiple light layers to create adjustable warmth that doesn't inhibit motion.
- Wear a cap with ear coverage.
- Wear warm gloves that don't get in the way of doing your job.
- Wear warm socks rated for the temperatures you work in.
- Body movement generates heat, so be sure to move around!

## Stay dry

- Wear an outer layer that is moisture wicking to prevent water entry to lower layers.
- Wear socks and underwear that are moisture wicking in order to dry sweat and keep skin dry.
- Dryness helps with heat retention and temperature regulation.

## Keep fueled

- Eat breakfast, lunch and dinner.
- Eat carbs. Carbs convert more readily to heat.
- Drink fluids. Your body uses up water trying to stay warm.
- Alternate regular drinking water with warm fluids like tea to keep up your body temperature while hydrating.
- Avoid caffeinated beverages.

**Mine Site Safety** - the following checklist was developed to help keep your mine site in a safe condition colder temperatures.

## Examinations are your first line of defense.

- Check highwalls, benches, and roadways, especially after each rain, freeze or thaw.
- Examine equipment for exhaust leaks and consider limiting engine idle time to reduce risk of carbon monoxide asphyxiation.
- Maintain equipment to operate safely in winter weather.
- Ensure there is adequate lighting for inspection due to decreased daylight

## Roadways

- Remove snow and ice.
- Allow ample space between vehicles.
- Apply sand to maintain traction
- Slow down and be patient

## Walkways

- Keep clear of ice and snow.
- Remove all slip and trip hazards.
- Apply sand to maintain traction.

## Equipment

- Adequate time for machines to warm up and clear windows
- Use extreme caution while accessing machine first thing in the am and while cleaning windows off

Visit the following link for additional safety information <https://minesafetyinstitute.org/cold-weather/>