

CBS Corporate Safety and Environmental Affairs

CBS Corporation, 20 Stanwix Street,
Pittsburgh, PA 15222

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Working in Cold Weather

There's no avoiding it...the cold winter weather is here and, unfortunately, some of our employees are required to work outside. All affected employees and contractor employees should be made aware of the precautions to take to protect themselves from these severe weather conditions; how to recognize the symptoms of over-exposure to extreme temperatures; and steps to follow to alleviate the symptoms.

It's important to keep in mind that near-freezing temperatures in areas that are typically much warmer can be just as dangerous as sub-zero temperatures in typically colder parts of the country.

Cold weather hazards can be made more severe by the following factors:

- High winds
- Inadequate or improper clothing
- Physical exhaustion
- Dehydration
- Alcohol or tobacco use
- Certain medical conditions

While not able to control all of these factors, employees can take steps to minimize the effects:

- Ensure that your CBS vehicle is equipped with appropriate winter survival gear, including blankets, warm clothing, food, water, etc. Before leaving the station be sure to check the fluid levels, wiper blades, battery, and antifreeze.
- Appropriate clothing is extremely important. Wear several layers of light, loose-fitting clothing under a mid-thigh length coat. Down-filled coats with hoods and warm linings are ideal. Wear well-insulated gloves to protect your hands and fingers. Protect your neck, ears, and head with hats, hoods, scarves, earmuffs, and facemasks. Protect your feet by wearing wool socks and waterproof boots with ridges on the sole to prevent slipping on snow and ice.

Two very dangerous conditions that can occur from extremely cold conditions are frostbite and hypothermia.

OSHA Form 300A

OSHA Form 300A must be posted at all CBS locations from February 1 through April 30.

Form 300A is the Summary of Work-Related injuries and illnesses that occurred at your workplace during calendar year 2014. The Form also includes your location's name and address; the number of employees; and the hours worked.

Additional information will be provided to the identified OSHA recordkeepers at each location.

If you have any questions or need additional information, please contact Mark.Perriello@cbs.com or Dorothy.Pastelak@cbs.com

Frostbite occurs when body tissue freezes after skin is exposed to extreme cold or touches a very cold object. The nose, ears, cheeks, fingers, and toes are at greatest risk. Worst cases can cause permanent tissue damage, loss of movement in affected parts, and possible unconsciousness and death from heart failure. Some symptoms of frostbite include:

- Feeling extremely cold, then numb – with possible tingling, aching, or brief pain
- White or grayish, yellow glossy skin which may blister
- Confusion, failing eyesight, and shock as condition progresses

First aid for frostbite includes:

- Warm the frozen part immediately with blankets or warm (not hot) water
- Avoid touching the frozen part; don't rub it or hit it
- Keep the frozen part away from hot stoves, heat lamps, or hot water bottles
- Don't break blisters
- Don't drink anything with caffeine
- Exercise the body part once it's warm – but don't walk on frostbitten feet

Hypothermia occurs when exposure to cold temperatures sends body temperatures to dangerously low levels. It can occur in above-freezing temperatures when it's windy and an individual is exhausted or wearing wet clothes. Worst cases can lead to unconsciousness and death. Symptoms of hypothermia include:

- Chills, shivering, numbness, and sometimes pain in the extremities
- Slurred speech, poor coordination, confusion, and drowsiness

First aid for hypothermia includes:

- Cover the victim with blankets and/or lie next to the person to transfer body heat
- Don't use hot baths, electric blankets, or hot water bottles
- Keep the person awake and give artificial respiration if needed
- Get emergency help immediately if the person loses consciousness

A reporter from a competitor network was recently hospitalized after suffering severe frostbite during a live shot. The reporter is expected to fully recover, but by following the precautions listed above and recognizing the symptoms of frostbite, this injury may have been prevented. With the new recordkeeping rule change effective January 1, the hospitalization of this employee must be reported to OSHA within eight hours. Previously, OSHA required notification of the hospitalization of three or more employees.

Please contact Mark.Perriello@cbs.com if you have any questions or require additional information.