Weekly Safety Tip

The Many Ways to Move Winter 'Precipitation'

SAFETY TIPS

Winter Weather Safety

Safety Council OF NORTHWEST OHIO

The Many Ways to Move Winter 'Precipitation'

When experiencing winter weather, we may need to use a variety of winter ***precipitation*** (***snow*** – ***slush*** – ***sleet*** – ***freezing rain*** – ***ice***) moving implements, be they …

shovels – pushers – blowers – choppers – scrapers – brooms – brushes – even roof rakes.

Each tool is designed for a specific job. Together they can help you move and clear all forms of winter weather *precipitation*.

Acknowledgement: Grainger

Let's take a look at the different degrees of winter weather precipitation and the best tools for each.

Winter precipitation can be difficult to predict and often arrives in varying degrees of intensity.

Light Snow: Light snow, often called snow flurries, occurs when snow falls for short periods resulting in minimal accumulation. It's still important to remove light layers of blowing snow from walkways, steps, parking lots or anywhere foot traffic is expected.

Tools for Light Snow

Shallow, lightweight aluminum shovel: They aren't intended to hold a lot of snow and their primary purpose is for clearing.

Cordless leaf blower: Use leaf blowers to clear light, fluffy snow that's not sticking to surfaces.

Push broom: Brooms and brushes both large and small work just as well for moving light snow as they are for collecting dirt.

Snow pusher: These are designed to work like snow plows and allow the user to stand upright while using.

Weekly Safety Share

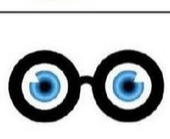
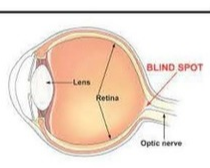
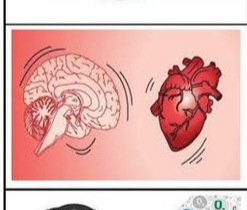
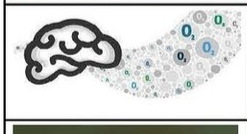
SAFETY SHARE

Brain Facts

HEALTH & SAFETY SHARE

Dave Varwig for SCNWO

*Some **Brain Facts** because its functioning frequently factors into home and workplace safety incidents.*

	It's no accident that **telephone numbers** in the USA are 7 digits long. Our **working memory**, (a very short-term form of memory that stores ideas long enough for us to understand them), can hold, on average, **about 7 digits**, enabling us to look up a phone number and remember it long enough to dial it. **So we think that telling somebody something once should be sufficient for them to remember all of what you said and do it safety, the first time = NOT!**
	**Scratching an itch** is a biological response that seems to hinder rather than help a wound's healing. One theory of why we itch suggests that scratching stimulates the release of endorphins, naturally occurring opiates which block pain sensation. Scratching injures our skin a little more, but it releases a flood of endorphins to block the pain of the initial injury more effectively. **Think back to an injury that involved reacting without thought at the exact wrong time.**
	**Reading aloud to children** helps stimulate brain development. Yet, only 50% of infants and toddlers are routinely read to by their parents. **This relates to a safety point that, faced with a challenging situation, such as taking sequential steps to activate something, reading steps out loud will help you stay on task and perhaps catch possible errors before you make them!..**
	Because receptors (rods & cones) are at the back of the retina, **an image actually passes through the retina three times**: as light to the receptor cells (back); as neural signals through the initial visual processing of the retina (forward); as neural signals via the optic nerve to the brain (back again). **Too often we expect that seeing should trigger an immediate 'saving' reaction.**
	The **optic nerve** exits the retina as a single bundle. The exit point within the retina has no receptor cells. This location forms a **blind spot in each eye**. We rarely notice these spots because they do not overlap within the image formed by the two eyes. Your ophthalmologist can only detect your blind spots by having you close the eye not being tested. **Remember: we see clearly only what we are focused on at a particular moment in time and can miss things.**
	Approximately **20% of blood flowing from the heart is pumped to the brain**. The brain needs constant blood flow in order to keep up with the heavy metabolic demands of the neurons. Brain imaging (such as functional magnetic resonance imaging - fMRI), rely on this relationship between neural activity and blood flow to produce images of deduced brain activity. **Indeed, good blood flow is good for sound thinking by a demanding brain.**
	Although the brain accounts for only 2% of the whole body's mass, it **uses 20% of the oxygen we breathe.** A continuous supply of oxygen is essential for survival. No oxygen for 10 minutes can result in significant neural damage. **Too often, confined space fatalities involve oxygen deficient atmospheres.**
	Did you know that **healthy ears actually emit sounds**? These sounds are usually very soft, but can occasionally be heard by others. Surprisingly, the sounds are rarely heard by the person whose ear is emitting the sounds! The cause of these sounds is still under debate, but is thought by some to be due to input from the central nervous system. **Humm … You may hear me even though I am not saying anything makes me wonder what my dog hears.**

Dave Varwig, CSP-retired for **SCNWO – Safety Council of Northwest Ohio**

Safety Council OF NORTHWEST OHIO

Safety Council OF NORTHWEST OHIO