



Safe Park-ing

Volume 1, Issue 2

State of Nevada, Division of State Parks

Seasonal Safety

Health:



Between the various colds and flues, and our tendency to get ourselves run down this time of the year, it's important to focus on feeding our bodies some healthy treats along with some of

those not so healthy (but oh so tasty) ones. Here is a recipe for a Vitamin C Immunity Smoothie from [Joy & Oliver](#).

It's easy to make and has a variety of tasty ingredients that help strengthen your immune system.

Ingredients

- 2 Whole Oranges Peeled
- 2 Whole Bananas Peeled
- 1 Cup Frozen Mango Chunks
- 1 Teaspoon Fresh Ginger Peeled and chopped
- 1 Tablespoon Lemon Juice
- 1 Tablespoon Honey
- ¾-1 Cup Almond Milk optional: Oat Milk, Coconut Milk or 2% Cows Milk

Instructions

Combine the oranges, bananas, frozen mango, fresh ginger sliced, lemon juice, honey and almond milk to a high speed blender

Blend until all ingredients are fully combined and creamy (add more milk if needed)

Personal Safety:

Cold temperatures and increased wind speed (wind chill) cause heat to leave the body more quickly, putting workers at risk of cold stress. Anyone working in the cold may be at risk, e.g., workers in freezers, outdoor agriculture and construction.

Common Types of Cold Stress

Hypothermia

- * Normal body temperature (98.6°F) drops to 95°F or less.
- * Mild Symptoms: alert but shivering.
- * Moderate to Severe Symptoms: shivering stops; confusion; slurred speech; heart rate/breathing slow; loss of consciousness; death.

Frostbite

- * Body tissues freeze, e.g., hands and feet. Can occur at temperatures above freezing, due to wind chill. May result in amputation.
- * Symptoms: numbness, reddened skin develops gray/ white patches, feels firm/hard, and may blister.

Trench Foot (also known as Immersion Foot)

- * Non-freezing injury to the foot, caused by lengthy exposure to wet and cold environment. Can occur at air temperature as high as 60°F, if feet are constantly wet.
- * Symptoms: redness, swelling, numbness, and blisters.

Risk Factors

- * Dressing improperly, wet clothing/skin, and exhaustion.

For Prevention, Employers Should:

- * Train you on cold stress hazards and prevention.
- * Provide engineering controls, e.g., radiant heaters.
- * Gradually introduce workers to the cold; monitor workers; schedule breaks in warm areas.

How to Protect Yourself and Others

- * Know the symptoms; monitor yourself and co-workers.
- * Drink warm, sweetened fluids (no alcohol).
- * Dress properly:
 - * Layers of loose-fitting, insulating clothes
 - * Insulated jacket, gloves, and a hat (waterproof, if necessary)
 - * Insulated and waterproof boots

What to Do When a Worker Suffers from Cold Stress

For Hypothermia:

- * Call 911 immediately in an emergency.
- * To prevent further heat loss:
 - * Move the worker to a warm place.

“Tis the Season to Be Safe”

- * Change to dry clothes.
- * Cover the body (including the head and neck) with blankets, and with something to block the cold (e.g., tarp, garbage bag). Do not cover the face.
- * If medical help is more than 30 minutes away:
 - * Give warm, sweetened drinks if alert (no alcohol).
 - * Apply heat packs to the armpits, sides of chest, neck, and groin. Call 911 for additional rewarming instructions.

For Frostbite:

- * Follow the recommendations “For Hypothermia”.
- * Do not rub the frostbitten area.
- * Avoid walking on frostbitten feet.
- * Do not apply snow/water. Do not break blisters.
- * Loosely cover and protect the area from contact.
- * Do not try to rewarm the area unless directed by medical personnel.

For Trench (Immersion) Foot:

- * Remove wet shoes/socks; air dry (in warm area); keep affected feet ele-

vated and avoid walking. Get medical attention.

[OSHA Quick Card](#)



Graphic was unapologetically pilfered from the CDC website [Avoid Spot Treat: Frostbite & Hypothermia](#)

**Merry Christmas and Happy New Year
from your
Nevada State Parks Safety Committee!**

Eastern Region

- Cody Tingey – Eastern Region Manager
- John Wells – Park Maintenance Specialist – South Fork SRA
- Joshua Johnson —Park Supervisor – Wild Horse SRA

Western Region

- Brad Larkin – Western Region Manager
- Charlie Wells – Facility Manager
- Ashlee Goeddel – Park Ranger III – Lahontan SRA
- Don Frade – Park Maintenance Specialist – Walker River SRA
- Josh Rhein – L.E. and Training Specialist
- Vanessa L. Mason – Safety Representative-Consultation

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- Craig Robinson – Southern Region Manager
- Rett Smith – Facility Manager – Southern Region
- Robert M. Ryan – Park Ranger I – Big Bend of the Colorado SRA
- Dawn Reynoso – Park Interpreter – Ice Age Fossils
- Leo J. Tylkowski – Park Maintenance Specialist – Valley of Fire

Tahoe Region

- Allen Wooldridge – Tahoe Region Manager
- Vacant – Park Supervisor, III – Sand Harbor
- Jimmie Popham – Park Maintenance Specialist – Sand Harbor

AFSCME

- John Westmoreland—AFSCME Representative