



Rhode Island Local Technical Assistance Program

Quarterly News & Updates

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Season's greetings to you and yours!

As the holiday season is upon us, we find ourselves reflecting on the past year and those who have helped to shape and grow the Rhode Island LTAP. When we think of all the benefits of being in our line of work, we quickly think of our relationships with great people like you.

It has been quite a year for us all! We hope that this year has been just as memorable for you, your colleagues, and your loved ones. Thank you for your continued support and partnership and we look forward to working with you in the years to come.

Lunch & Learn Update

The Rhode Island LTAP has hosted monthly Lunch & Learns on the 2nd Wednesday of each month since April. Recent topics included Non-State/City Bridges, Stormwater, Maintenance, and Office of Safety. All of the Lunch & Learn recordings are available in the RI Learning Center, the State's online learning management system (LMS).

Although we took a break for the month of December, we will be back in January with a presentation from the RIDOT Transit Office.

Is there a Lunch & Learn topic you would like to see in the future? We want to hear from you! Email us your ideas at dot.RILTAP@dot.ri.gov.

Winter Safety Tips



General Safety Tips

Drive Safely in the Snow

Driving in the winter means changes in the way you drive. Snow, sleet and ice can lead to hazardous road conditions. Prepare your vehicle for the upcoming winter season with these helpful tips.

Avoid Shoveling, Snow Blowing Injuries

Shoveling snow or using a snow blower are among winter's most grueling activities. High levels of activity in cold temperatures put many people at risk of heart attack, especially those that have inactive lifestyles.

Treat Frostbite Immediately

Use first aid to help someone who may have hypothermia or frostbite. Online and classroom courses are available at workplaces and other organizations through NSC. Download the NSC first aid app and you will be ready to give first aid for frostbite, hypothermia and many other emergencies.

Prevent Carbon Monoxide Poisoning

Carbon monoxide detectors save lives. Every year, over 400 people die and 50,000 are treated for carbon monoxide poisoning.

The most common symptoms of carbon monoxide poisoning are often described as "flu-like" – headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion. Check out our carbon monoxide fact page.

Avoid Injuries While Enjoying the Winter Weather

Whether you are skiing, snowboarding, sledding or skating, take safety precautions like learning basic skills and using the appropriate gear for the sport.

The four environmental conditions that cause cold- related stress are low temperatures, wind,

dampness, and cold water. Two or more of these conditions together can make working outdoors very dangerous.

Cold Weather Precautions When Working Outside

The four environmental conditions that cause cold-related stress are low temperatures, wind, dampness, and cold water. Two or more of these conditions together can make working outdoors very dangerous.

Here are a few tips to keep in mind when working outdoors in cold weather:

- Wear appropriate protective clothing—Dress in layers
- When working outside during the winter, it is very important that you dress appropriately. When dressing for outside work, think of the THREE W's when building your layers: WICKING, WARMING, and WEATHER
 - The first layer should be a WICKING Layer that will draw moisture away from your body. Use synthetic base layers with a wicking apparel to draw sweat away from your body
 - The second layer should be a WARMING Layer. This layer should be your insulation. Select wool, fleece or multiple flannel shirts to insulate yourself from the cold and trap air that will be warmed by your body heat. You can then remove pieces of the warming layer as needed
 - The third layer should be your WEATHER Layer. Select a garment that will provide additional warmth and protect you from the snow, rain and wind. The Weather Layer should not absorb moisture
 - Pay special attention to protecting your feet, hands, face and head. Up to 40 percent of your body heat can be lost when your head is not protected properly
- Eat high calorie foods and drink liquids that do not contain caffeine or alcohol when working outside in cold temperatures. Proper hydration is a must. Even though it is cold continue to hydrate and drink plenty of water
- Take frequent short breaks, avoid exhaustion or fatigue as energy is needed to keep your body warm as well. When possible, work during the warmest part of the day
- Work in pairs, when the weather is very cold and windy
- Seek warmth when you first start to feel the early signs of your body getting cold
- Keep in mind that even at 10 degrees with a wind speed of twenty miles per hour, exposed skin can freeze in as little time as 1 minute.

**Rhode Island Local Technical Assistance Program
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