

# City of Memphis - Winter Weather Alert



The arctic air, together with brisk winds, can lead to dangerously cold wind chill values. People exposed to extreme cold are susceptible to frostbite in a matter of minutes. Areas most prone to frostbite are uncovered skin and the extremities, such as hands and feet. Please inform your teams of potential hazards due to extreme cold air.

- **Cover exposed skin to reduce your risk of frostbite or hypothermia.**
- **Try to seek shelter from the wind as much as possible while outside.**
- **Once inside, change into dry clothing immediately if you are wet.**
- **Understand and watch for frostbite and hypothermia.**

Frostbite can happen in minutes, especially on the extremities such as **fingers, toes, nose, and ears** but can affect any area of exposed skin. If you suspect frostbite:

- **Immediately move inside to a heated location and begin warming the affected areas using warm water or body heat.**
- **Do not use hot water or radiant heat such as a fireplace since affected areas can be easily burned.**
- **Do not rub or massage cold body parts, remove rings, watches, and any type of tightly fitted jewelry or related item.**
- **Seek medical attention immediately.**

Please remind staff and all team members to govern themselves accordingly to prevent winter related injuries. Meteorologist has predicted that this will potentially be one of the coldest weeks this winter season. Please be safe as you continue to make a difference in the workplace. Remember our goal is for every employee to return home safely to their families daily.

***The Office of Workplace Safety & Compliance***

*Sharli Adair PhD., CSM - Human Resources -WPS&C Sr. Manager*

***Safety Is the Way We LIVE!***

