



SAFETY CHEAT SHEET

855-935-5432
www.nos-llc.com

KNOW THE SIGNS

HEAT EXHAUSTION

- Headaches
- Nausea and vomiting
- Fatigue, weakness and restlessness
- Thirsty
- Anxiety
- Poor Coordination
- Weak, rapid pulse
- Sweating heavily
- Raised body temperature



WHAT TO DO

- Lie down in shade or air-conditioning
- Drink water
- Cool compress or tea towel
- Cool shower or bath

HEAT STROKE

- Headaches
- Nausea and vomiting
- Rapid pulse
- Extremely thirsty
- Dry, swollen tongue
- Disoriented, dizzy or delirious, slurred speech
- Body temperature more than 40°C
- Convulsions, seizures or coma
- May be sweating, skin may feel deceptively cool

WHAT TO DO

- Call 000 immediately
- Reduce temperature until ambulance arrives

DEHYDRATION SYMPTOMS



Thirst



Less frequent Urination



Headache



Dry mouth



Dry skin

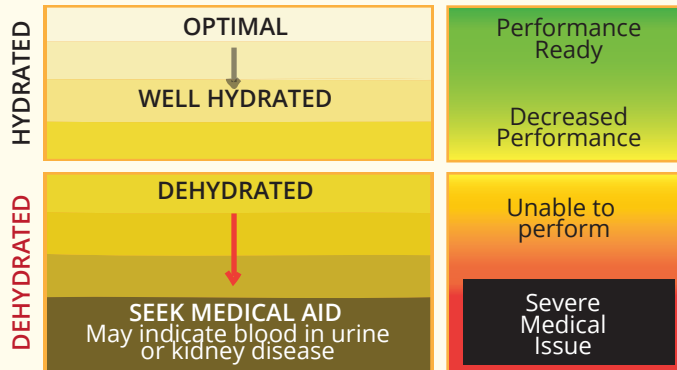


Rapid heartbeat

WIND CHILL CHART

| | | Temperature (°F) | | | | | | | | | | | | | | | | | | | | |
|------------|----|---|----|----|----|----|-----|-----|------------|-----|-----|-----|-----|-----|-----|-----------|-----|-----|-----|--|--|--|
| | | 40 | 35 | 30 | 25 | 20 | 15 | 10 | 5 | 0 | -5 | -10 | -15 | -20 | -25 | -30 | -35 | -40 | -45 | | | |
| Wind (mph) | 5 | 36 | 31 | 25 | 19 | 13 | 7 | 1 | -5 | -11 | -16 | -22 | -28 | -34 | -40 | -46 | -52 | -57 | -63 | | | |
| | 10 | 34 | 27 | 21 | 15 | 9 | 3 | -4 | -10 | -16 | -22 | -28 | -35 | -41 | -47 | -53 | -59 | -66 | -72 | | | |
| | 15 | 32 | 25 | 19 | 13 | 6 | 0 | -7 | -13 | -19 | -26 | -32 | -39 | -45 | -51 | -58 | -64 | -71 | -77 | | | |
| | 20 | 30 | 24 | 17 | 11 | 4 | -2 | -9 | -15 | -22 | -29 | -35 | -42 | -48 | -55 | -61 | -68 | -74 | -81 | | | |
| | 25 | 29 | 23 | 16 | 9 | 3 | -4 | -11 | -17 | -24 | -31 | -37 | -44 | -51 | -58 | -64 | -71 | -78 | -84 | | | |
| | 30 | 28 | 22 | 15 | 8 | 1 | -5 | -12 | -19 | -26 | -33 | -39 | -46 | -53 | -60 | -67 | -73 | -80 | -87 | | | |
| | 35 | 28 | 21 | 14 | 7 | 0 | -7 | -14 | -21 | -27 | -34 | -41 | -48 | -55 | -62 | -69 | -76 | -82 | -89 | | | |
| | 40 | 27 | 20 | 13 | 6 | -1 | -8 | -15 | -22 | -29 | -36 | -43 | -50 | -57 | -64 | -71 | -78 | -84 | -91 | | | |
| | 45 | 26 | 19 | 12 | 5 | -2 | -9 | -16 | -23 | -30 | -37 | -44 | -51 | -58 | -65 | -72 | -79 | -86 | -93 | | | |
| | 50 | 26 | 19 | 12 | 4 | -3 | -10 | -17 | -24 | -31 | -38 | -45 | -52 | -60 | -67 | -74 | -81 | -88 | -95 | | | |
| | 55 | 25 | 18 | 11 | 4 | -3 | -11 | -18 | -25 | -32 | -39 | -46 | -54 | -61 | -68 | -75 | -82 | -89 | -97 | | | |
| | 60 | 25 | 17 | 10 | 3 | -4 | -11 | -19 | -26 | -33 | -40 | -48 | -55 | -62 | -69 | -76 | -84 | -91 | -98 | | | |
| | | Frostbite Times | | | | | | | | | | | | | | | | | | | | |
| | | 30 minutes | | | | | | | 10 minutes | | | | | | | 5 minutes | | | | | | |
| | | Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V ^{0.16}) + 0.4275T(V ^{0.16}) | | | | | | | | | | | | | | | | | | | | |
| | | Where, T= Air Temperature (°F) V= Wind Speed (mph) Effective 11/01/01 | | | | | | | | | | | | | | | | | | | | |

ARE YOU HYDRATED? TAKE THE URINE COLOR TEST

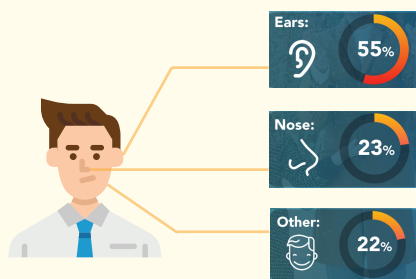


This color chart is not for clinical use.

Most Common Frostbite

Locations: Face

In a study of nearly 1000 frostbite cases in the face, researchers found that most were on the ears and nose.



3 Risk Factors for Face Frostbite:

In a study of 913 frostbite patients in Finland, these were 3 factors that made people more likely to get frostbite:



Do's and Don'ts of Frostbite First Aid

If you do get frostbite, talk to your doctor. Frostbite can cause serious injury.

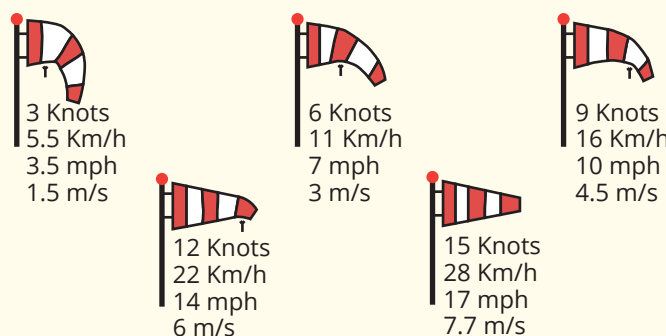


RULES TO LIVE BY



BREAK A RULE, BREAK YOUR EMPLOYMENT

WINDSOCK WINDSPEED GUIDE



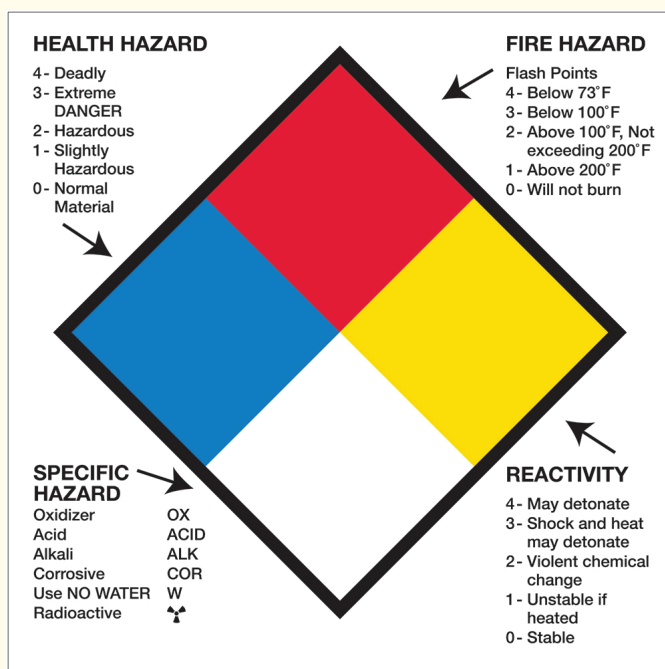
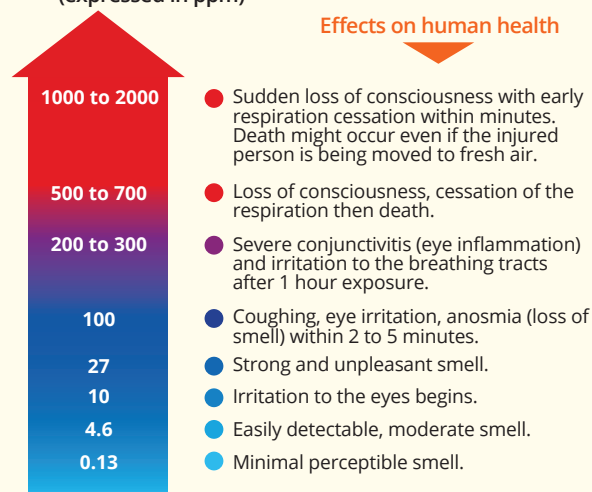
RULES TO LIVE BY

All violations require disciplinary action

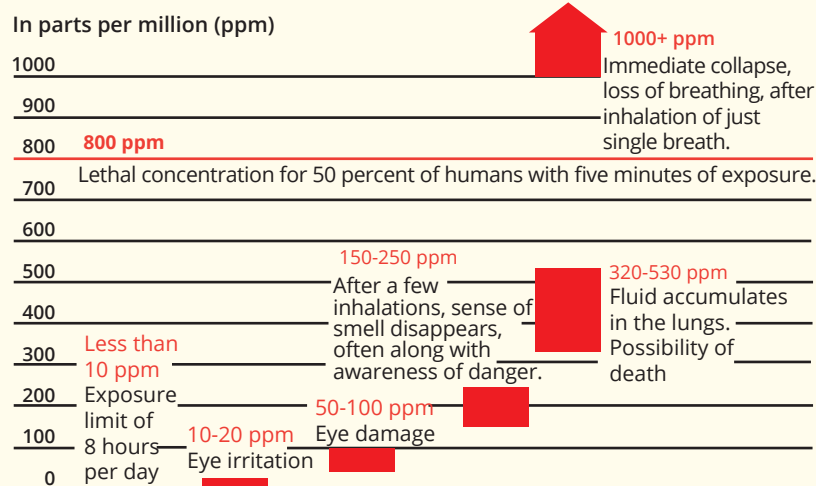


The diagram illustrates the nine classes of dangerous goods and their associated hazard labels. Each class is represented by a black diamond-shaped label with a white border. The labels are arranged in a 3x3 grid, with each class label and its corresponding hazard labels shown together.

- CLASS 1: Explosives**
 - Hazard Labels: 1.6 EXPLOSIVES, 1 EXPLOSIVES, 1.5 BLASTING AGENTS, 1.6 EXPLOSIVES, 1.5 BLASTING AGENTS.
- CLASS 2: Flammable Gases, Non-Flammable Gases, Inhalation Hazards, Oxygen**
 - Hazard Labels: 2 INHALATION HAZARD, 2 FLAMMABLE GAS, 2 NON-FLAMMABLE GAS, 2 OXYGEN.
- CLASS 3: Combustible Liquids; Flammable Liquids**
 - Hazard Labels: 3 FLAMMABLE, 3 COMBUSTIBLE, 3 FUEL OIL, 3 GASOLINE.
- CLASS 4: Flammable Solids, Dangerous When Wet, Spontaneously Combustible**
 - Hazard Labels: 4 FLAMMABLE SOLID, 4 DANGEROUS WHEN WET, 4 SPONTANEOUSLY COMBUSTIBLE.
- CLASS 5: Oxidizers, Organic Peroxide**
 - Hazard Labels: 5.2 ORGANIC PEROXIDE, 5.1 ORGANIC PEROXIDE, 5.1 OXIDIZER.
- CLASS 6: Poisons (Toxic), Inhalation Hazard**
 - Hazard Labels: 6 INHALATION HAZARD, 6 PG II, 6 POISON.
- CLASS 7: Radioactive Materials**
 - Hazard Label: 7 RADIOACTIVE.
- CLASS 8: Corrosives**
 - Hazard Label: 8 CORROSIVE.
- CLASS 9: Miscellaneous Hazardous Materials**
 - Hazard Label: 9.

Hydrogen sulfide concentration
(expressed in ppm)

At just 0.0047 ppm, half of all people can detect the characteristic “rotten egg” odor of hydrogen sulfide. Concentrations above that can lead to serious



THE BEHAVIOUR OF ROAD USERS IS THE AREA WITH BY FAR THE BIGGEST POTENTIAL FOR IMPROVING ROAD SAFETY



In 30% of fatal accidents speeding is the main factor



Distraction causes
10-30% of road deaths



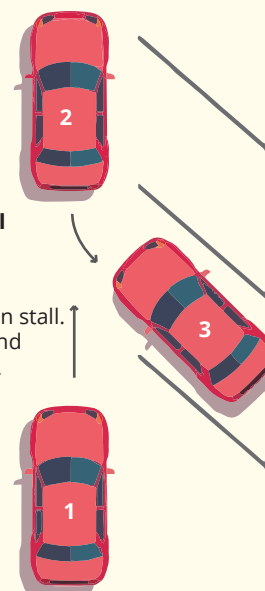
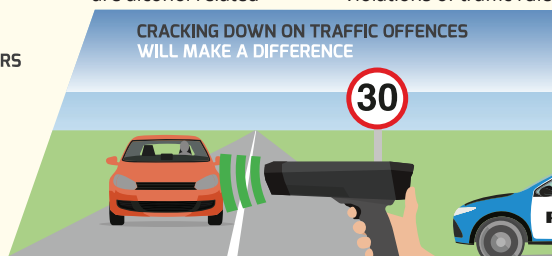
25% of all road fatalities in Europe are alcohol related



About 65% of fatal accidents are caused by violations of traffic rules

EDUCATION AND TRAINING ARE CRUCIAL IN INSTILLING APPROPRIATE BEHAVIOUR AND ATTITUDES IN ROAD USERS

CRACKING DOWN ON TRAFFIC OFFENCES WILL MAKE A DIFFERENCE



**If you can't pull through...
please back in!**

1. Drive past open stall.
2. Use flashers and honk the horn.
3. Reverse in.

Winter Driving



of the nation's roads are located in snowy regions. Avoid driving during winter storms unless it is absolutely necessary. If you must travel, here are tips to better protect your family, your vehicle and yourself.



Get wipers replaced as soon as they show signs of wear.



Check tires.
Good winter tires can
shorten braking distances
by as much as **25%.**



Check washer
fluid and oil
levels

Remove ice and snow from all windows, mirrors and lights.

Keep a survival kit (include a flashlight, blanket, water, shovel and windshield scraper).

DO YOUR WALK AROUND



NOTICE

NO HIDING IN
RESTROOM DURING
SAFETY MEETINGS



**SLOW
THE *@#%
DOWN!**

DANGER

THIS SIGN IS DISTRACTING
Don't let it draw your attention
away from your personal safety
or the tasks you need
to be completing

