

## Office Hours:

Monday - Friday  
8 a.m. - 5 p.m.

## Front Desk Hours:

Monday - Friday  
8:00 a.m. - 12:00 p.m.

(701) 250-7911



## TT&S Director Notes:

The last few months have been busy with ladder and bucket truck certification renewals, as well as kicking off our quarterly safety training season.



We've also implemented an upgrade. Most of you have probably had a brush with our digital sign in system for trainings by now. It's been an exciting process to iron out the details, and we're hoping to get that off the ground completely by November's quarterly trainings.

We'll be pushing forward with our series of trainings for management and supervisors next with a training on the hazards for lone workers. After that I'll be preparing a training on what to expect during an unplanned OSHA inspection. Stay tuned!

Kyla Bratz



www.ttsafety.com

# TT&S TELECOM Training & Safety

## Fall 2022

## WINTER IS COMING

This is not a review of Game of Thrones. Rather, this is North Dakota, and fall is here, which means winter will come quickly. Anyone who has lived in the state through a full year knows what that means—slipping; sliding; and numb fingers, toes, and noses. Between the cold and ice, winter presents a variety of risks.

The cold is probably the most dangerous part of the season. Statistics show that more people die of cold than from heat. Between hypothermia and frostbite, the cold can lead to death or dismemberment.

When temperatures drop, your extremities will suffer first. Frostbite can cause redness and swelling in the affected areas, but the symptom that most people notice is the pain and numbness. If your fingers hurt, get out of the cold, remove wet clothes, and gently rewarm affected areas. The temptation is to use high heat, but that can cause burns and more pain with the rapid rewarming.

Another risk of low temperatures is hypothermia. Hypothermia occurs when our bodies lose heat faster than it can be produced. While our internal body temperature works to maintain a desired temperature around 98.6°F, hypothermia occurs when that falls to 95°F. According to the Mayo Clinic website, "When your body temperature drops, your heart, nervous system and other organs can't work normally. Left untreated, hypothermia can lead to complete failure of your heart and respiratory system and eventually to death."

The symptoms of hypothermia, like frostbite, vary depending on the stage that the person has reached. Early symptoms of hypothermia include shivering, fatigue, loss of coordination and confusion. In later stages, the shivering may cease, the skin may turn blue, pupils dilate, the pulse and breathing slow, and eventually, consciousness is lost.

If someone is showing signs of hypothermia, it is important to get them into a warm room, remove wet clothing, and warm the center of their body first. Warm beverages for a conscious victim can help. However, if a victim isn't breathing, begin CPR and call 911 immediately.

Wind chill factors can also play a role in these dangerous conditions. The temperature of the air doesn't work alone in how cold your tissues feel. The wind is another factor. Be sure when you are looking at winter conditions that you pay attention to wind chill. Wind chill is how cold the air actually feels on your skin with the wind. This can affect how fast frostbite or hypothermia sets in.

This is why it's important to dress appropriately for the winter weather. Cover as much exposed skin as possible, and don't stay out in the cold too long, especially if signs of cold illnesses are setting in. Stay warm and stay safe!



**In a study of temperature-related deaths, the cold caused 94% of those deaths, even though hypothermia was responsible for only 27% of temperature-related hospital visits.**  
- webmd.com



## Director's Chair

Part of the job of the TT&S Director is to answer safety questions from our member companies. If someone has a question, chances are someone else has the same question but hasn't asked. Below is one of those questions and the answer.

### Question: Is there a standard list for items in first aid kits?

**Answer:** OSHA doesn't have specific requirements for what should be in first aid kits, but they refer to the ANSI first aid kit recommendations as a great resource.

ANSI divides workplaces into two categories:

**Class A:** For treating more minor wounds, and in workplaces without higher risks, so more like office environments

**Class B:** For higher risk industries, field work, or shop work

In the side bar is a table showing the items recommended for Class A or Class B environments.

For more information:

<https://www.safetyandhealthmagazine.com/articles/19019-first-aid-requirements>

## Safety Management Trainings

TT&S's director has been working on training sessions for supervisors to focus on the issues of safety management. These are available to our members at no cost, either live or recorded. Topics so far include Management of Change, OSHA Recordables and logs, Supervisor Safety Training, and Incident Investigations. Please contact Kyla for more information at (701) 323-3023 or [k.bratz@ttsafety.com](mailto:k.bratz@ttsafety.com).

## Upcoming Workshops

TT&S listens to your requests, and we do our best to schedule the training you need. We also try to anticipate your needs.

The following workshops are scheduled:

November 7-8, 2022:	Hands-On IPv6 (Cellstream)
November 14-18, 2022:	CompTIA A+ (BTS Training)
December 6-9, 2022:	Fiber 1-2-3 (Light Brigade)
December 13-16, 2022:	Advanced OSP Fiber (Light Brigade)

Workshops are subject to cancellation if minimum registration numbers are not met.

Unless otherwise indicated, workshop information and registration is available online at <https://www.ttsafety.com/workshops/>. Please contact us or use the form on the webpage listed here to request any training topics not currently scheduled.

ANSI Z308.1-2015, Classes of First Aid Kits & Required Supplies				
First Aid Supply	Minimum Quantity		Min. Size or Volume	
	Class A Kits	Class B Kits	U.S.	Metric
Adhesive Bandage	16	50	1 x 3 in.	2.5 x 7.5 cm
Adhesive Tape	1	2	2.5 yd. (total)	2.3 m
Antibiotic Application	10	25	1/57 oz.	0.5 g
Antiseptic	10	50	1/57 oz.	0.5 g
Breathing Barrier	1	1		
Burn Dressing (Gel Soaked)	1	2	4 x 4 in.	10 x 10 cm
Burn Treatment	10	25	1/32 oz.	0.9 g
Cold Pack	1	2	4 x 5 in.	10 x 12.5 cm
Eye Covering (with Means of Attachment)	2	2	2.9 sq. in.	19 sq. cm
Eye/Skin Wash	1 fl. oz. total			29.6 mL
	4 fl. oz. total			118.3 mL
First Aid Guide	1	1	N/A	N/A
Foil Emergency Blanket	1	1	52 x 84 in.	52 x 84 in.
Hand Sanitizer	4	10	1/32 oz.	0.9 g
Medical Exam Gloves	2 pair	4 pair	N/A	N/A
Roller Bandage (2 inch)	1	2	2 in. x 4 yd.	5 cm x 3.66 m
Roller Bandage (4 inch)	0	1	4 in. x 4 yd.	10 cm x 3.66 m
Scissors	1	1	N/A	N/A
Splint	0	1	4 x 24 in.	10.2 x 61 cm
Sterile Pad	2	4	3 x 3 in.	7.5 x 7.5 cm
Tourniquet	0	1	1 in. (width)	2.5 cm (width)
Trauma Pad	2	4	5 x 9 in.	12.7 x 22.9 cm
Triangular Bandage	1	2	40 x 40 x 56 in.	101 x 101 x 142 cm

## A Note about TT&S Self-Study Materials

TT&S offers a library of training materials (books and DVDs) for our member company employees to borrow for self-study. However, our supplies are limited – some classes only have one or two copies. TT&S would like to remind everyone to be courteous in borrowing materials by returning them promptly so that we can loan them to the next person.

TT&S will send out requested materials once or twice a week to the designated contacts at each company.

## Newsletter Items

Submit news items or ideas for the TT&S newsletter by writing to us at one of the two contact emails listed:

Kyla Bratz - (701) 323-3023  
Melanie Nilles - (701) 323-3022

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