

POST ON ALL BULLETIN BOARDS
NEW YORK CITY TRANSIT
DEPARTMENT OF SUBWAYS
OFFICE OF THE SENIOR VICE PRESIDENT

DATE: November 8, 2022

TO: All Subways Employees  for B. Amarosa

FROM: William Amarosa, Vice President & Chief Officer, Operations Support

SUBJECT: SUBWAYS BULLETIN 22-35
COLD STRESS

(Supersedes DOS Bulletin 21-57)

All employees must be reminded that during cold weather months, precautions must be taken to reduce the likelihood of cold stress injuries. Refer to the attached *Letter from the President* on the subject for guidance.

In addition, report out-of-service space heating equipment/systems, as follows.

Electric-Operated Equipment

• **Within Subway Stations (24 hours/day):**

- District 1 & 2 Central Field Office is 646-896-0601
- District 3 & 4 Central Field Office is 646-896-0602

Project GSMs will be notified to respond and enter the nonconformity into EAM. In the event there is a cold-related complaint, call the appropriate district office for assistance.

• **Outside Subway Stations:**

Bronx/Manhattan: 7a-3p, Sun-Thurs: West 4th Street – (646) 896-8989
Brooklyn/Queens: 7a-3p, Tues-Sat: Pitkin Shop – (718) 566-5802
All other Days/Times: MOW Operations Center – (212) 712-4120

Heating Complaints: HVAC, (347) 694-1160/1161

Staten Island Railway (24 hours/day): SIR RCC, 347-694-2900, 2901, 2902

In the event there is a cold-related complaint, *unresolved at the local supervisory or managerial level*, call:

- **DCE and Maintenance of Way**, (718) 694-1216
- **Station Environment and Service Delivery**, (718) 694-1535
- **Staten Island Railway**, (347) 694-3039

Ensure this bulletin is discussed with hourly employees during daily toolbox/safety talks.

Attachment

cc: D. Crichlow
J. Compton
T. Abdallah
S. Ko
H. Lambert
B. Thomas
L. Schreibman
P. Kohner
C. Hamann
T. Doddo
L. Montanti
M. Roche
A. Richardson
S. Rieara
T. Utano (TWU)
M. Bucceri (UTLO)
M. Carrube (SSSA)
J. Betancourt (TSO)
T. Wilson (SMART)
V. Mandile (TCU)
M. Cummings (ATDA)

M. Lali
D. Soliman
D. Gallo
T. Rumph

Letter from the Presidents

November 2022

RE: COLD STRESS

Dear Fellow Colleagues:

We are in the time of year when we are most susceptible to cold stress. While we are conducting work during the months of November to March, it is important that we take the appropriate precautions to prevent ourselves, colleagues and family members from becoming vulnerable to this annual challenge. The reverse side of this letter provides information on the signs and symptoms of cold stress and the protective measures you can take to combat its adverse effects, while performing your daily routines, job tasks or participating in outdoor activities.

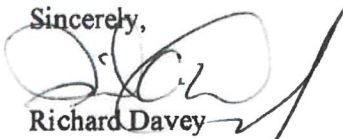
The severity of the hazards associated with cold stress depends on a variety of factors. Such factors include the interaction of climatic elements (air temperature, humidity, and wind), use of protective clothing, as well as an individual's physical activity. The areas of the body that are more susceptible to heat loss are the head, ears, fingers and toes. Without adequate clothing during the intense cold weather months, the body is unable to compensate for heat loss. If possible, clothing should be worn in multiple layers. Moreover, as individuals may become dehydrated in a cold environment, it is also important that you remember to stay hydrated by drinking lots of fluids. However, individuals should limit their intake of caffeinated beverages such as coffee or tea, due to their diuretic effects.


Should you experience any of the specified signs/symptoms, or observe them in your fellow employees, notify your supervisor immediately. Supervisors should be aware of these effects, incorporate cold stress awareness into their safety talks and actively monitor employees. Should such signs occur, move the employee to a heated shelter or facility and continue to monitor their recovery.

By being knowledgeable of the early signs of cold stress and taking the appropriate precautions, we can assure ourselves and those around us, a safe and productive winter. Remember to take the flu vaccine as it has been shown to reduce the risk of illness.

Should you have any questions on this subject, please contact Occupational Health Services. Thank you for everything that you do to keep NYC moving, and please stay warm and safe out there.

Sincerely,


Richard Davey
President
New York City Transit


Frank Annicaro
Senior Vice President
NYCT DOB/MTA Bus

SIGNS AND SYMPTOMS OF COLD RELATED STRESS*

HYPOTHERMIA occurs after prolonged exposure to cold, resulting in the lowering of the body's core temperature. Severe shivering and a feeling of pain, then muscular weakness and drowsiness occur. As time goes on, shivering stops, the person's body becomes numb, confusion and diminished consciousness occurs. **HYPOTHERMIA requires immediate medical attention!**

FROSTNIP is the mildest form of cold injury and occurs when noses, cheeks, fingers, ear lobes, or toes are exposed to cold. It is characterized by a whitened area of the skin.

FROSTBITE is an injury caused by exposure to extreme cold or contact with extremely cold objects. Symptoms include inflammation of the skin in patches with unusual firmness and slight pain or numbness.

COLD WEATHER GUIDELINES

The following general practices are provided to minimize the effects of cold stress:

- Wear dry, protective clothing (gloves, boots, hats, and coat) if work is performed in air temperatures below 40°F.
- Clothing should be worn in multiple layers. For work in wet conditions, the outer layer should be waterproof (totally impermeable, non-porous, plastic or vinyl material). If more intense work is performed in wet conditions, the outer layer should be water resistant (initially resistant to wetness but porous to allow for easy ventilation).
- When cold surfaces below 20°F are within reach, avoid contact with bare skin.
- When working with metal tools, bars or handles at or below freezing, gloves should be worn.
- Avoid soaking clothing or gloves when handling evaporative liquids (gasoline, alcohol, or cleaning fluids).
- Drink warm beverages.
- At the onset of dizziness, heavy shivering, or frostnip, employees should obtain warm shelter immediately.

* These are the most typical symptoms, but not all. You may also consult your medical provider for precautions against cold related illness especially if you are taking medications for chronic medical conditions.