

---

## WINTER STORM ADVISORY

Severe winter storms bring heavy snow, ice, strong winds, and freezing rains. Winter storms can delay or prevent employees and students from reaching the college, leading to a temporary disruption of administrative functions and classes until roads and parking areas can be cleared. Snow and/or ice can also cause structural damage or power outages. During the winter storm season, listen to local forecasts to determine any impact the weather may have on their schedule.

**WATCH** - A significant amount of winter weather (i.e. snow, heavy sleet, freezing rain) is expected for the area, but is not imminent. Typically gives an advance warning of 12-36 hours.

**WARNING** - A significant winter storm where hazardous weather is occurring, imminent, or likely posing a threat to life and property.

During a WATCH, normal operations will continue, but employees should monitor weather conditions closely and be prepared to act without warning, if necessary.

In the event of a WARNING, move to the internal emergency assembly areas of the building which are posted in each hallway. Follow instructions and be prepared to take precautionary measures.

### IF OUTDOORS:

- Dress warmly. Wear loose-fitting, layered, lightweight clothing. Layers can be removed to prevent perspiration and chill. Outer garments should be tightly woven and water repellant. Mittens are warmer than gloves because fingers generate warmth when they touch each other.
- Protect your lungs from extremely cold air by covering your mouth when outdoors.
- Avoid overexertion. Cold weather puts an added strain on the heart. Be aware of symptoms of dehydration.

### BE AWARE OF FROSTBITE AND HYPOTHERMIA

**Frostbite** is a severe reaction to cold exposure that can permanently damage the body. A loss of feeling and a white or pale appearance in fingers, toes, or nose and ear lobes are symptoms of frostbite.

**Hypothermia** is a condition brought on when the body temperature drops to less than 55 degrees Fahrenheit. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, stumbling, drowsiness, and exhaustion.

If frostbite or hypothermia is suspected, begin warming the person slowly and seek

immediate medical assistance. Warm the person's body first. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood to the heart and lead to heart failure. Put the person in dry clothing, and completely wrap them with a blanket.

Never give a frostbite or hypothermia victim something with caffeine or alcohol in it. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects that the cold has on the body. Alcohol, a depressant, can slow the heart and hasten the ill effects of cold body temperatures.

---