

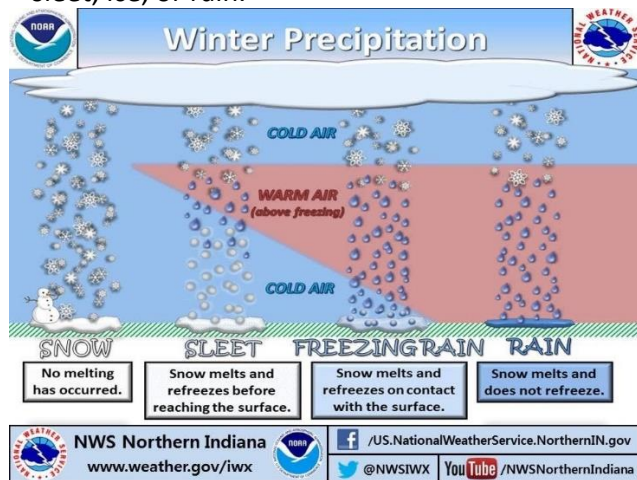


MISSISSIPPI STATE UNIVERSITY™
MS AGRICULTURAL AND FORESTRY
EXPERIMENT STATION

MAFES DAWG TRACKS

Watching the weather forecast is important for time to make preparations at both home and work. The weather patterns change often and a picture of any storm is most accurate within 5 days of the event.

While most of us would like to see some snow here in Mississippi, just a little bit of warm air can change that to what is much more common – sleet, ice, or rain.



Tips for Working Outside in the Winter

- ✓ Use heavy machinery, vehicles or other barriers to give workers cover from wind when working in open, outdoor areas.
- ✓ Eat healthy, high-calorie and high-carb foods such as pasta, and drink warm, sweet beverages.
- ✓ Provide heated, sheltered break areas.
- ✓ Most importantly, dress properly ...
 - Wear layers of loose-fitting clothing. Layers provide better insulation. Tight clothing reduces blood circulation. Warm blood needs to be circulated to the extremities, so loose is better.
 - A hat reduces the amount of body heat that escapes from your head and keeps your whole body warmer.
 - Insulated gloves will help protect the hands and insulated /waterproof boots to protect the feet.

Winter Storm Planning Timeline

A few days out

If the forecast calls for winter weather, start preparing now.

- Have emergency supplies for your home & car
- Check your smoke and carbon monoxide detectors
- Replenish fuel for your car and heating sources

The day before

Forecast accuracy continues to improve, so keep checking the latest.

- Adjust plans
- Have multiple ways to receive Warnings
- Bring pets indoors and ensure they have water

During & After

Remain vigilant and stay informed. Drive only if necessary.

- Check on neighbors and family
- Properly ventilate emergency heat sources
- Keep generators at least 20 feet from your home
- Take it easy when shoveling

weather.gov

For more info contact:

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Sources:

North Mississippi Storm Chasers & Spotters – FB page

<https://safetyskills.com/recognizing-preventing-cold-stress/>