

SAFETY MEETING TOPIC: Wintertime Safety

Here are some safety tips to remember throughout the winter season to ensure that you are able to enjoy all the fun that the season brings.

SNOW & ICE REMOVAL

Clearing snow and ice from driveways and sidewalks is hard work! Prevent possible injuries from slips and falls, back injuries from shoveling heavy snow, and temperature related illness by following these safety tips:

- Dress warmly, paying special attention to feet, hands, nose and ears.
- Shovel snow when it is fresh and easier to remove than wet, packed-down snow.
- Take a few minutes before you start your shoveling workout to do some warm-up exercises and stretching and take frequent breaks.
- If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs, not your back.
 - **Remember your safe lifting practices!** Avoid twisting and turning with your back as you are tossing the snow, use your whole body and turn with your legs. Do not toss snow over your shoulder or to the side.
- If available, apply rock salt or de-icing compounds to remove ice from steps, walkways, and sidewalks.

WATCH YOUR FEET!

Walking in icy, snowy weather can be dangerous and result in serious injury. Follow these tips to control and prevent injuries this season:

- Walk on sidewalks and plowed areas if possible. Be aware that those areas may still be slippery. If handrails are available, use them.
- Take slow, cautious steps when getting in and out of your car and to your destination. Take time to plan your safest route before your start.
- Wipe your feet when you get inside. **Watch out for slick, wet floors!**

WINTERTIME DRIVING

Snow, ice, and extreme cold can make driving treacherous. Follow these safety tips to ensure that you have safe driving experiences this winter:

- Keep emergency gear in your car for everyday trips:
 - Cell phone,
 - Flashlight,
 - Jumper cables,
 - Sand or kitty litter (for traction),
 - Ice scraper, snow brush, and small shovel,
 - Blankets, and
 - Warning devices (e.g., flares, reflectors).
- If your car stalls or gets stuck in snow, turn your hazard lights on right away. Stay in your vehicle until you can get help. You are safer in your vehicle with other cars sliding than if you were walking on the road to another location.

OTHER IMPORTANT WINTER SAFETY TIPS

Lastly, please follow these other safety tips this winter:

- Ensure that you are controlling your heaters and heating equipment and maintaining them in a good, safe condition.
 - Do not leave personal space heaters on unattended. Especially pay attention to turn off any space heaters at work when you leave for the night or weekend.
 - Keep combustibles such as cardboard boxes, paper, blankets, etc. away from heaters and other heat sources.
- Remember that the sun can even be harmful in the wintertime. Wear sunscreen on sunny, snowy days to avoid painful sunburns.

Signature of Employees in Attendance: _____ Date: _____

Provided by: Hellman & Associates, Inc., www.ehscompliance.com, 303-384-9828

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