



Prevention of winter related slips, trips and falls

Remember these tips to help avoid slips/trips/falls when the weather is snowy, icy or wet.

- ***Put safety before fashion by wearing shoes or boots with slip resistant soles and carry your work shoes with you.***
- Remove as much snow as possible before entering buildings.
- Watch for wet floors. If you encounter a wet surface, shorten your stride, point your feet out, and don't cut corners, so you can make wider turns.
- Walk! Don't run.
- Walk with your arms by your sides for balance.
- Bending your knees a little and taking slower steps can greatly reduce your chances of falling.
- Watch where you are walking.
- Use handrails on stairs.
- Long, loose pant cuffs present a tripping hazard.
- Use designated sidewalks and walkways.
- Survey the area around your vehicle for icy or wet patches prior to exiting your vehicle.
- If walkways are impassable and you have to walk in the street, walk against traffic and as close to the curb as possible.
- Remember-streets and walkways may be slippery. Don't carry heavy packages that may impair your sight and balance.
- Pay extra attention walking from surface to surface.

To reduce your chance of injury from a fall — fall the “right” way.

Relax: Try not to stiffen and tense your muscles.

Absorb: Let our arms and legs give like a spring to absorb the impact of the fall.

Roll: Move with the direction of the fall to minimize injury.



Risk Control Solutions *Safety Talk For All Employees*

- Wouldn't you like to do everything you can to protect yourself from a winter fall? Consider purchasing an ice traction device to slip on over your shoes. There are several pairs to choose from with the website links listed below. These devices are easily slipped on and removed once inside. Keep them in your car or in a workbag.



- We as employees need to be ready for that nasty winter weather. We want to keep you safe this winter. So let's get started and prepare now for what we know will be coming!!

Website links for ice traction devices:

- <http://www.safgard.com/safgard/products/details/SRM1111>
- <http://www.rei.com/product/760280>



Snow Safety

Shoveling

The following tips can help you get a “handle” on safe shoveling:

- Individuals over the age of 40, or those who are relatively inactive, should be especially careful. If you have a history of heart trouble, do not shovel without a doctor's permission.
- Take it slow! Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically, *so pace yourself*. Be sure to stretch out and warm up before taking on the task.
- Try to shovel fresh snow. Freshly fallen, powdery snow is easier to shovel than the wet, packed-down variety.
- Push the snow as you shovel. It's easier on your back than lifting the snow out of the way.
- Don't pick up too much at once. Use a small shovel, or fill only one-fourth or one-half of a large one.
- Lift with your legs bent, not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.
- Do not work to the point of exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately.
- Dress warmly. Remember that extremities, such as the nose, ears, hands and feet, need extra attention during winter's cold. Wear a turtleneck sweater, cap, scarf, face protection, mittens, wool socks and waterproof boots.

Snow Throwers

Here are some important recommendations for all wise snow thrower users to review and follow throughout the snow season:

- Read your owner's manual thoroughly and understand all of the recommended safety procedures before turning on your snow thrower.
- Never allow children to operate equipment.
- Keep the area of operation clear of all people.



Risk Control Solutions *Safety Talks For Custodians*

Snow Throwers (Continued)

- The snow can sometimes hide objects that might clog the chute, or otherwise cause damage. You should clear the area of doormats, boards, wires and other debris.
- Be careful never to throw snow towards people or cars, and never allow anyone in front of your snow thrower.
- If you have to repair your machine, remove an object, or unclog built up snow from the auger blades or chute, always turn the snow thrower off and wait for all moving parts to come to a complete stop.
- Disconnect the spark plug wire, or for electric, disconnect the cord.
- Never put your hands inside the auger or chute — use a stick to unclog the snow thrower.
- Keep hands and feet away from all moving parts.
- Dress properly for the job. Be sure to wear adequate winter garments and footwear that will improve footing on slippery surfaces. Wear safety glasses, and avoid any loose fitting clothing that could get caught in moving parts. Be careful of long hair.
- Handle gas carefully. Avoid spillage by using non-spill containers with spouts. Fill up before you start, while the engine is cold.
- *Remember:* Store gas in a clean, dry, ventilated area, and never near a pilot light, stove, or heat source. Never smoke around gasoline.
- Do not clear snow across the face of slopes. Use extreme caution when changing direction on slopes.
- Do not attempt to clear steep slopes. Never operate the snow thrower without good visibility or light.
- Always be sure of your footing and keep a firm hold on the handles.
- Walk — never run.

