

STAY SAFE THIS WINTER

PREVENT SLIPS & FALLS

- Wear appropriate footwear with good grip.
- Take caution when entering/exiting vehicles. Hold onto your vehicle for support.
- Take your time and watch where you are walking. Walk in designated walkways.
- Clear footwear of snow when entering the workplace. Bring a change of footwear for indoors, as needed.



Safe Walking on Snow & Ice Walk Like a Penguin!

- Take shorter, shuffle-like steps and extend your arms out to your sides to maintain balance.



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SAFE SHOVELING

- Take time to stretch before you begin.
- Choose a lightweight ergonomic shovel with D-shaped handle.
- Shovel early and often. Fresh snow is usually lighter than packed snow.
- Push snow rather than lifting it. If you do need to lift, lift with your legs, not your back. Lift small amounts of snow at a time and do not twist at the waist when removing snow from the shovel.
- Pace yourself. Take frequent breaks and **do not work to the point of exhaustion.**
- Shoveling is an activity that is strenuous on your cardiovascular system as well as your muscles and joints.
Ask for help, when needed.



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WINTER DRIVING

- Give yourself extra time to get to your destination. Take the safest route available.
- Remove snow and ice from your vehicle (e.g. all windows, mirrors, lights, the top and the hood of your vehicle).
- Make sure you have four matching winter tires on your vehicle, ideally between the months of November and April.
- Ensure your wipers are working and that you have windshield washer fluid.
- Be alert. Black ice will make a road look like shiny new asphalt.
- Avoid harsh braking, acceleration or sharp steering.
- Increase the gap between you and the vehicle in front of you. Stopping distance on an icy road is double that of stopping on a dry one.
- Have a winter survival kit in your vehicle that includes a snow scraper, non-perishable food and water, wind-up flashlight, extra clothes, etc.



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**The winter weather presents many hazards.
Be prepared and follow these tips for a safe winter season.**

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