



# Safety Talk



## Winter Safety Tips for Snow

### How do you maintain walkways and pathways in your workplace?

With winter weather arriving so does new hazards such as increased water throughout highly traveled areas (examples: doorways, loading docks, common areas, etc.). Before winter hits help ensure your workplace is ready to deal with these new hazards. Preparation can help minimize and eliminate unnecessary hazards, preventing injuries, in all workplaces.



### Here are a few tips when shovelling snow:

Warm up your muscles before shovelling, by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs, because warm muscles will work more efficiently and be less likely to be injured. Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.

Protect your back from injury by lifting correctly. Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side reposition your feet to face the direction the snow will be going.

Dress appropriately for the task and be visible. Wear High Visibility clothing such as a Winter Parka or a Vest over regular clothing. Plus, wear proper gloves and footwear.



### **Dress Warmly and Stay Dry**

Adults and children should wear:

- a hat
- a scarf or knit mask to cover face and mouth
- sleeves that are snug at the wrist
- mittens (they are warmer than gloves)
- water-resistant coat and boots
- several layers of loose-fitting clothing
- Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind.
- Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton. Stay dry-wet clothing chills the body rapidly.
- Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm.
- Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.



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