

Safety Talks



WINTER WEATHER...WATCH YOUR STEP!

Winter is upon us (like it or not) so that means winter weather. Snow, ice, freezing rain and high winds can all happen on the same day, and occasionally at the same time here in the Pacific NW, so preparation is key.

ASK SANTA FOR SAFE FOOTWEAR

It may sound silly to waste your wish from Santa on safe shoes, but suitable footwear for the weather is a key factor in preventing slips, trips, and falls and THAT is a very good gift. Properly selected footwear can significantly increase the friction between the ground and the soles of your shoes which helps prevent slips. Encouraging employees to wear the right footwear for the conditions is good practice.

For people working outside, selecting a good work boot with a slip-resistant sole is an excellent place to start. A vendor in your local area can provide valuable information on the type of sole appropriate to the exposures employees might encounter. For example, the sole needed to deal with oily, wet floors might be different from soles needed to deal with snow. In some extreme cases, regular slip-resistant soles may need to be augmented with slip-on cleats. Several local and national companies specialize in safe footwear for work such as *Shoes for Crews*, *YakTrax* (pictured) and *Winter Walking*.

Most slips on ice and snow happen on the heel as we walk forward and the heel of the foot hits the slick surface causing us to fall backwards



SLIPPED YOUR MIND?

Slips and falls are a primary cause of work-related injury and time loss. Most of them are preventable. There are high quality ice and snow traction footwear options on the market at affordable prices making them accessible to most people. Whether you work out in the elements regularly or only venture out when you absolutely have to, it is worthwhile to get the appropriate footwear.



Safety Sam Says...

For those individuals who have economic limitations, there is a low budget option as well. Simply put socks on over your shoes for extra traction.

Learn from
Near-miss Nancy...

Clear snow and ice
from walkways as
SOON as possible

Ensure downspouts
are draining AWAY
from walkways

Give yourself extra
time - NEVER rush

Keep at least one
hand FREE at all times
to help keep your
balance

Dry feet COMPLETELY
on the rug when
coming in from wet
weather

Don't wear high heels
in snow or ice EVER -
change into them
when you are inside

