Remember Winter Safety

1. Put an emergency kit in the trunk of your car. Items to include are: windshield scraper, flashlight, warm clothing, warm boots, hat, mittens, a blanket, candles, water, snacks, shovel, a bag of sand or salt, jumper cables, tow chain or rope, tire chains and emergency flares.

2. Wear proper footwear. Wear substantial footwear, such as boots with lug soles. Work shoes or dress shoes should be carried separately to the building in a bag. If you are walking on ice, ice cleats are a great option to give extra traction.

3. Wear proper clothing. Mittens are warmer than gloves. Layers of clothing are much better at insulating than a single layer of thick clothing. Wear a hat! Most of your body heat is lost through the top of your head. Scarves over your mouth protect your lungs from directly inhaling very cold air.

4. Take the best route. Follow the clearest route to your entrance, even if it is not the most direct. Obey signs that are posted and follow designated pathways. Make sure to watch where you are walking on the designated route so you can avoid glazed ice areas or small piles or hardened snow.

5. Avoid carrying items. Keep your hands empty. Drop off loads near the door to avoid carrying long distances. Try to use backpacks, duffle bags, or shoulder bags if carrying of items is needed. If you must carry something and using a backpack or duffle bag is not an option, keep the load small and balanced. Be prepared to drop what you are carrying to avoid a fall.

6. Keep a small bag of salt or sand with you. If you are going to be walking on slippery surfaces, you can throw down a little salt, sand, or kitty litter for extra traction.

7. Immediately report snow and ice hazards to your supervisor. This may prevent someone else from slipping and falling!