



## Winter Weather Safety



### The Do's and Don'ts of Falling; How to reduce your injuries when you fall.

Icy, cold, winter weather can be challenging for anyone to navigate. While avoiding a fall is our first priority, knowing how to take a fall when it's inevitable is a crucial skill.

#### The Do's

1. Stay Relaxed
  - Bend your elbows and knees.
2. Protect your Head
  - Cup your hands behind your head to cushion the landing.
3. Land on Soft Tissue
  - Try to land on muscles like your back, butt, or thighs.
4. Roll with the Fall
  - Don't rush to stop, spread the impact across more of the body.

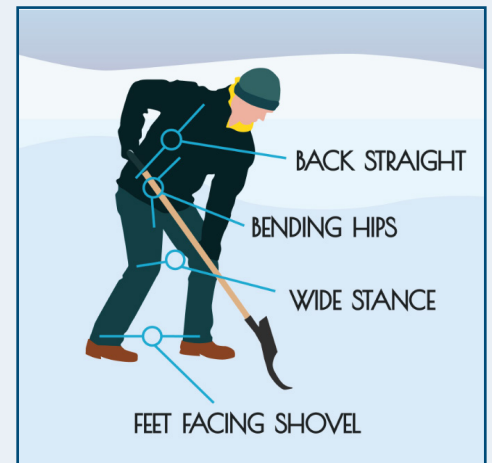
#### The Don'ts

1. Don't lock your joints.
2. Don't reach out your hands.
3. Don't let your head hit first.
4. Don't land on your hand or tip of your shoulder.



### Snow Shoveling

1. **Warm-up your muscles before you head out.** Prepare your body, take a brief walk or perform a few squats to get your blood flowing and heart rate up a bit to warm up.
2. **Focus on good postures as you shovel.**
  - Wide-staggered stance – Standing with your legs wide and staggered will help you maintain your balance in all directions.
  - Work in your power zone – Take small steps and keep the shovel close to your body where you are the strongest. Keep your arms close to your trunk to avoid excessive stress on your spine.
  - Use your legs – Squat and bend at the knees and hips, keeping the back straight as you shovel.
  - Brace your core - Tighten your stomach muscles to brace your core as you lift the snow with your legs - NOT YOUR BACK.
  - Pivot don't twist - Do not twist your body. If you need to move the snow to the side, move your feet to pivot and avoid twisting!
3. **Remove snow in steps, scoop up a reasonable amount and don't try to do it all at once.** Don't try to remove deep snow all at once, take it in small amounts. Shovel an inch or two at a time and rest in between shovelfuls as needed to complete the task but keep the weight manageable.
4. **Monitor how you are feeling.** Take frequent breaks and don't try to rush through the job ahead of you. While you're shoveling snow, take short breaks to catch your breath and add-in back bends to counterbalance your posture.



### Dress Appropriately

Wear footwear with appropriate sole and traction. Protect head, face, hands, and feet from extreme cold and wind.

### Mechanical Assistance

Snow blowers take some of the physical stress out of snow removal. Follow all safety instructions, let the machine work at it's designed pace/speed and keep hands out of augers and blades.

### Safely Walk on Ice; Walk like a Penguin

1. Use a wide base of support
2. Keep weight over your lead foot
3. Take short flat footed steps
4. Arms out for balance
5. Keep knees flexed
6. Limit what you carry
7. Use ice cleats

