

## Winter Safety Tips

Winter is finally here and with it comes a host of unpredictable challenges which makes getting around difficult. While the weather can be dreadful at times, we still must leave the safety of our homes to head to work, among other outdoor adventures. So, how can we remain safe when navigating the hazardous conditions that winter brings that contribute to our safety and the safety of others? Below are a few Winter Safety Tips we encourage you to consider:

### Safe Winter Walking Tips:

1. Wear Proper Footwear
  - a. Avoid a smooth sole and opt for a heavy treaded shoe with a flat bottom.
2. Walk Attentively
  - a. While walking in the rain or on snow or ice on sidewalks or in parking lots, walk consciously. Look up to be aware of anything in your path including ice, an uneven surface or debris. Occasionally scan your vicinity to ensure you are not in the way of vehicles or any obstacles.
3. Walk Slowly
  - a. Do not rush, take your time. Walk slowing and plant your feet securely on each step. Where available, firmly grip handrails.
4. Anticipate Ice
  - a. Be on the lookout for black ice that may appear as wet pavement.
5. Take Care When Entering a Building
  - a. The entrance of the building may be wet with melted snow and ice or from shoes that have been drenched in the rain. When you get to your destination such as school, work, shopping center, etc., be sure to look at the floor as you enter the building.

### Safe Winter Driving Tips:

1. Slow Down
  - a. When you drive under the speed limit, using slow and steady maneuvers, and avoid any sudden stops, starts, or turns. This will help you much better control of your vehicle.
2. Avoid Tailgating
  - a. Increasing the driving distance between you and the vehicle in front of you can help you avoid collisions. Should you need to make any sudden maneuvers, the extra distance should provide you with the space to do so.
3. Beware of Black Ice
  - a. It's nearly impossible to see black ice, but you can spot it when your headlights reflect off the road at night. Therefore, it is important slow down a couple of hundred feet before stop signs and traffic lights.
4. Avoid Standing Water

- a. When driving in wet or rainy conditions, avoid standing water at all costs. It is often difficult to tell just how deep the water is, and standing water greatly increases your risk of hydroplaning. If you cannot avoid driving through standing water, go as slow as possible to reduce your risk of hydroplaning.
5. Use Your Headlights
- a. Rain can obstruct yours and other driver's line of sight. When you use headlights, it will not only help you see but it helps also other drivers, cyclists, and pedestrians see you. Be sure not to use your high beams in the rain, as they can scatter light and reduce visibility.
6. OSHA Resources:
- a. [1](#), [2](#), [3](#), [4](#), [5](#)