

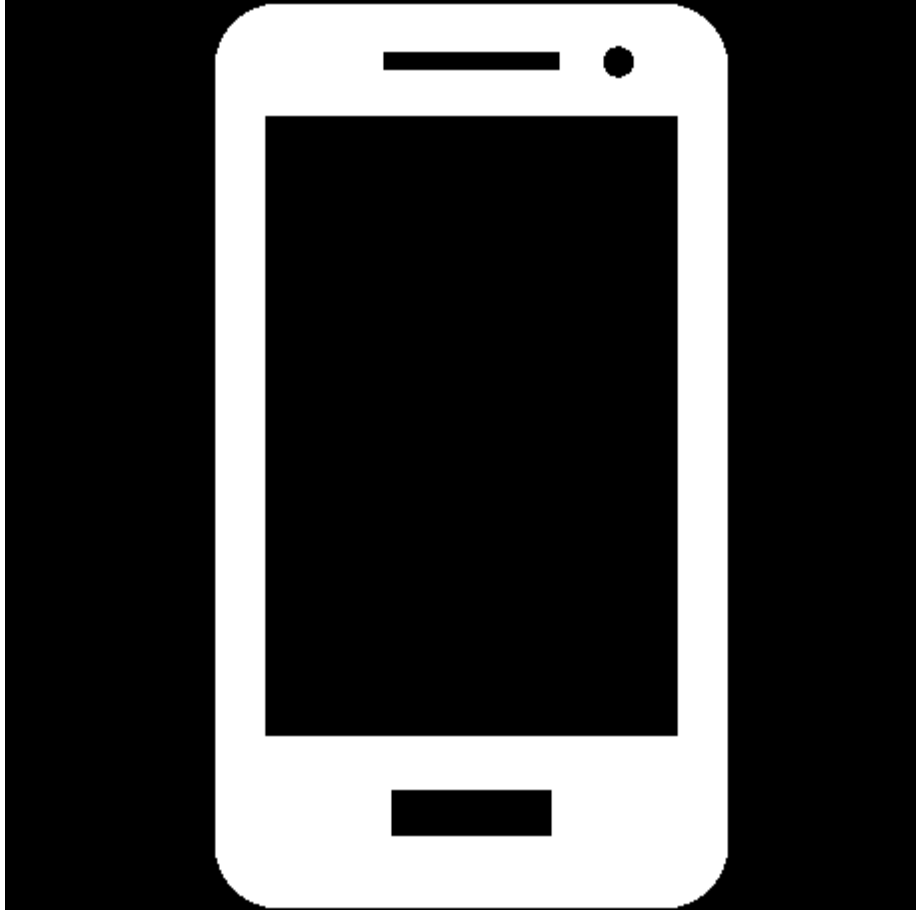
WINTER SAFETY











“

*Awareness is like the
sun. When it shines on
things, they are
transformed.*

- Thich Nhat Hanh -

”
OkDay.com

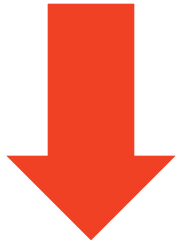
Is this important ?

- **5%** the number of slip and fall accidents that result in broken bones
- **95 million** workdays per year are lost due to slip-and-fall injuries
- Average of **\$20,000** per accident
- **17,000** Americans die from slip and fall accidents each year
- **15%** of winter falls occur getting in/out your car

According to SFM (carrier) claims data:

- **25%** of ice- and snow-related falls occur in parking lots
- **20%** of slips and falls that occur in parking lots result in lost time from work

**Work doesn't take a break in the winter...
and neither should safety.**



- Think about additional hazards that are present at your work site due to winter weather

- Is it just snow and ice?





Winter Hazards

WHAT	WHERE	HAZARD
Snow/Ice	Walking paths, working surfaces, ladders, scaffolds, scissor lift, roofs etc.	Slip/trip, decreased visibility/obstructed views, decreased machine control, masking of safety signage etc.
Icicles	Roof ledges, gutters, awnings	Falling object to worker below. Large icicles can cause gutters/awnings to collapse. Ladder slip out...
Cold Temperatures and Wind Chill	Outside	Cold Stress: hypothermia, frost bite, trench foot. Decreased motion/dexterity. Decreased concentration. Heart attack risk increases.

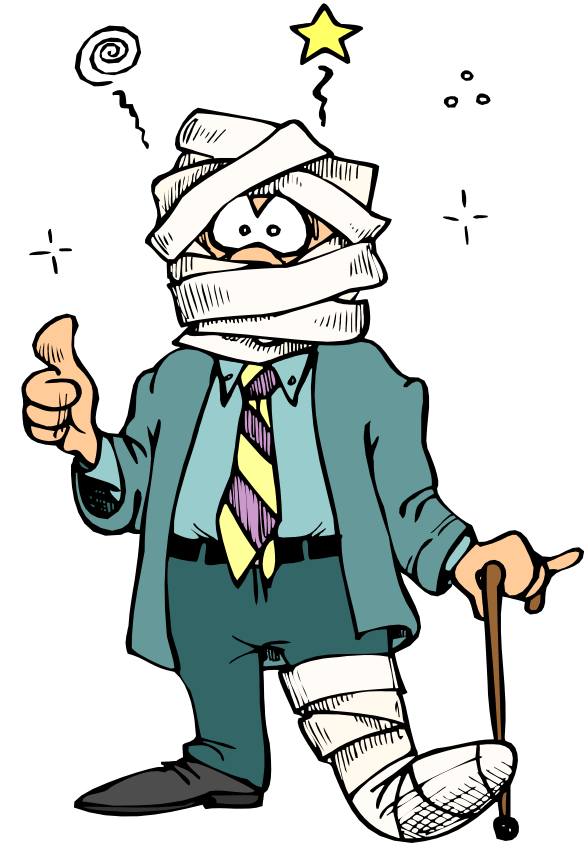


What causes slips, trips and falls?

- Slips can occur when floors or other working surfaces become slippery due to wet or oily processes, floor cleaning, leaks, or from materials and debris left in walkways.
- Trips can occur due to uneven floor or working surfaces, protruding nails and boards, from stretched carpet or bunched floor mats intended to prevent slipping, from holes or depressions in working surfaces, and from step-risers on stairs that are not uniform in height.
- Both slips and trips can result in falls. In addition, falls can occur when ladders are not maintained properly, and when stairways and elevated working surfaces are not designed properly.

Common types of Slips, Trips & Falls Injuries:

- Sprains & strains
- Bruises & contusions
- Fractures
- Abrasions & lacerations



Commonly affected Body Parts:

- Knee, Ankle, Foot
- Wrist, Elbow
- Back
- Shoulder
- Hip
- Head



Report and Investigate

- The incidence of slips, trips and falls at work may be even higher than the numbers show.
- Many workers do not report incidents because they may be minor and make them appear clumsy. This is a mistake.
- Minor incidents that are reported may be clues to troublesome areas needing repairs, and may help prevent a major incident from occurring.



Housekeeping/Snow Removal

- It is crucial that the **paths on worksites remain clear.**
- Paths should also be sprinkled with salt, or sand to increase traction.
- Clearing snow should not create another hazard:

Piling the snow can be more convenient than melting it, but pile it too high and it can end up obstructing sight.



Good Habits / Safety Tips

- Look for hazards created by snow & ice. (*supervisors and employees*)
- Report icy sidewalks to building managers
- Keep an eye on walkways, work platforms, ramps, loading docks, entry/exit points, stairs & ladders.
- Carefully remove icicles, especially if temperatures are beginning to warm. If this isn't possible, you can rope off the area under the icicles.
- When removing snow, don't allow piles to get too high and block the view of workers in the area.

Take Care.....

...when stepping out
of your Car

Or stepping off the
curb



Slips and falls occur when exiting a vehicle because of surface changes, balance change, uneven or slippery surfaces, and distractions. **Take Care:** **Keep 2-hand contact with the car until sure of solid footing. Pay attention to your environment.**

Step down and not out when stepping off a curb.

Sand Shakers

For more information email
bplautz@minnesotacompadvisor.com



Take Care.....

...To Wear Footwear
Appropriate For Your
Conditions



Smooth-soles and high-heels do not provide good traction during fall & winter conditions in the upper Midwest.

Take Care: Wear non-slip or high surface contact “grippy” soled shoes.

USE DESIGNATED WALK AREAS

It's Slippery

- When walking surfaces change ...
 - > Snow to ice
 - > Outside to inside **Never wear them inside**

Footwear



Boots and traction



Traction Devices maximize friction coefficient, and minimize fall potential.

Take Care: These devices help but do not make you invincible! Follow all other precautions for slick conditions and

Very Serious falls often occur on the stairs.



Stairways are common slip, trips and fall areas and deserve extra attention.

Take Care: Always use the handrail while going up and down stairs. Avoid distractions such as talking, using cell.

If no hand rail is available and the area is icy, it might be best to find an alternate route or get someone to walk with you.

Safe Walking!

SNOW + ICE CAN LEAD TO → SLIPS, TRIPS, AND FALLS

Protect Yourself and Walk Like a Penguin...We're Serious!

- Walk with arms extended to the side and feet pointed slightly outward
- Take smaller steps and watch where you're stepping
- No ice cleats? Wear footwear with slip-resistant soles and good treads
- Scan ahead and be aware of where you step.
- Don't take shortcuts – take designated walkways if possible
- Use 3 points of contact when mounting / dismounting from vehicles & trucks
- What are you carrying?



Walk like a penguin – It's goofy but good

- They walk flat footed
- They take short steps
- They walk with their arms at their sides (not in their pockets)
- They concentrate on maintaining balance
- Plan for direction changes



Posters from Minnesota Comp Advisor

When winter weather makes for icy conditions...

WALK LIKE A PENGUIN

& Other Winter Weather Safety Tips:



- Walk "like a penguin" in slippery conditions and take short, slow, shuffling steps
- Avoid using your cell phone or carrying large loads
- Walk on marked paths and avoid short cuts
- Wear the right footwear for the weather; carry a dry pair of shoes in a separate bag to change into once you get to work
- Wipe your feet as you enter buildings
- Report icy conditions to your supervisor
- Apply salt or sand to slippery areas
- Step down, not out, when getting out of vehicles or stepping off curbs

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SHAKE IT FOR SAFETY

You Can Prevent Serious Injury from Slip and Fall This Winter in 3 Easy Steps!

- 1. Fill It**
Fill your sand shaker with winter sand/salt and keep it filled.
- 2. Stash It**
Keep your sand shaker on hand in your vehicle.
- 3. Shake It**
Shake sand/salt on the ground before you step out of your vehicle and on areas that look slippery.

Encourage your co-workers to be on the lookout for slick spots and keep their sand shakers handy

Additional Winter Safety Tips

- * Wear appropriate footwear
- * Wipe your feet when entering buildings
- * Report slippery conditions or unsafe areas to your supervisor
- * Keep walkways clear of snow and ice
- * Apply sand/salt when needed
- * Take short, shuffling steps, like a penguin



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1. Fill this bottle with winter sand/salt.
2. Keep this bottle in your vehicle.
3. Shake sand/salt on the ground before you step out of the vehicle and on areas that look slippery.

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"A great prevention tool to help us mitigate winter slip and falls." - Towni Larson, Administrative Assistant, The Coulters Co Inc, Fridley, MN

Good Habits / Safety Tips

Winter weather conditions pose a risk for slip and fall injuries. Keep yourself safe by following these safety tips:

- Wear footwear with good traction or
- Use ice cleats.
- Remove snow from your shoes before entering a building.
- Have mats at all entry/exit points
- Set up blower fans to dry heavy traffic areas

TIPS:

- De-icers melt snow and ice. They provide no traction on top of snow and ice.
- Anti-icing prevents the bond from forming between pavement and ice.
- De-icing works best if you plow before applying material.
- Pick the right material for the pavement temperatures.
- Sand only works on top of snow as traction. It provides no melting.
- Anti-icing chemicals must be applied prior to snow fall.
- NaCl (road salt) does not work on cold days, less than 15° F.

Pavement Temp. °F	One Pound of Salt (NaCl) Melts:	Melt Times
30°	46.3 lbs of ice	5 Min.
25°	14.4 lbs of ice	10 Min.
20°	8.6 lbs of ice	20 Min.
15°	6.3 lbs of ice	60 Min.
10°	4.9 lbs ice	Too Long

Melting Characteristics

Chemical	Lowest Practical Melting Temp.
CaCl ₂ (Calcium Chloride)	-20° F
KAc (Potassium Acetate)	-10° F
MgCl ₂ (Magnesium Chloride)	15° F
NaCl (Sodium Chloride)	20° F
CMA (Calcium Magnesium Acetate)	Check with manufacturer
Blends	Never melts – provides traction only
Winter Sand/Abrasives	-20° F

Deicing materials can generally be classified into two types, namely, Chloride-based and non-Chloride based. The most commonly used Chloride-based materials include sodium chloride (NaCl), calcium chloride (CaCl₂), and magnesium chloride (MgCl₂).

CAUTION: Too high an application rate may result in slippery conditions or tracking.

Salt application training

Did you ever think about what happens to tons of salt that goes on our roads, parking lots, and sidewalks each winter? Most of it ends up in our lakes, streams, and wetlands. As a result, clean water in the Twin Cities is in jeopardy.

Smart Salting Level 1 and Level 2 training schedule

Because of the initial success of the pilot project, Fortin Consulting has received a 319 grant to conduct additional training sessions in Minnesota. The training schedule is changed periodically as training events are completed/added.

<https://www.pca.state.mn.us/water/salt-application-training>



Take Care....



*...Inside To Avoid
Common Slip, Trip, and
Fall Hazards.*



Wet floors & curled rugs at entryways, open drawers, standing on chairs & poor housekeeping cause many unnecessary injuries.

Take Care: Be diligent about housekeeping, know your surroundings, carry small loads, and use the correct equipment for the job.

After you have eliminated the physical hazards of slips, trips, and falls, it's time to dig in to contributing human factors. Research shows that these four states of mind frequently contribute to a large percentage of slips, trips, falls:

- **Rushing**
- **Frustration**
- **Fatigue**
- **Complacency (“autopilot”)**

5 quick questions to ask you that will help educate, and help you and others prevent future injuries.

Please check all of the answers that apply

1. On the day that you fell were you feeling tired?

- Yes
- No

2. When you fell, were you:

- On time
- Running late

3. When you fell, were you:

- Carrying something?
- Hands free?
- Using your phone or tablet?
- Talking with someone you were walking with?
- Other (Please describe)

4. Research shows that four common states of mind contribute to a large percent of slips, trips, and falls. What state of mind do you think may have contributed to your slip, trip, or fall?

- Rushing or in a hurry
- Frustrated or irritated
- Fatigued, tired, or short of sleep
- On "Autopilot" or feeling complacent
- Other (please describe)

5. Is there anything we could have been done to prevent the slip, trip, or fall?

Questions?