

Preventing Winter Slips, Trips, and Falls



- When exiting your car, place both feet on the ground and grab on to the door frame or steering wheel for support.
- Wear appropriate footwear that has visible, heavy treads and a flat bottom.
- Walk slowly and consciously when snow or ice is present - “Penguin Walk”
- Do not listen to music or use a cellphone while walking. Watch for wet floors when entering the building, as co-workers may have tracked in snow and slush.
- Look up for snow or ice that may fall or break away from awnings, buildings and windows.
- If you encounter an area of the parking lot or entrance walkway that has not been treated or continues to present a slip hazard, please contact Boris Filipov (815) 277-7205 or your site leader.



Need To Shovel?



- Don't throw the snow over your shoulder or to the side, the twisting motion will stress your back.
- Try to push the snow instead of lifting it if possible.
- If you must lift, squat with your legs apart, knees bent, and back straight. Lift with your legs. Do not bend at the waist.
- Take frequent breaks especially if the snow is heavy/wet.
- Seek assistance when possible.
- Dress appropriately for the conditions.

Winter Driving Tips



Plan Your Travel and Route

Before heading out, make sure to check the weather, road conditions, and traffic. Don't rush through your trip, and allow plenty of time to get to your destination safely. And always familiarize yourself with directions and maps before you go, even if you use a GPS system, and let others know your route and anticipated arrival time.

On the Road



Stay Alert

Keep your gas tank close to full whenever possible, and, on longer trips, plan enough time to stop to stretch, get something to eat, return calls or text messages, and change drivers or rest if you feel drowsy.



Avoid Risky Driving Behaviors

You know the rules: Do not text or drive distracted; obey posted speed limits; and always drive sober. Both alcohol and drugs whether legal or illicit can cause impairment. It is illegal to drive impaired by any substance in all States – no exceptions. Alcohol and drugs can impair the skills critical for safe and responsible driving such as coordination, judgment, perception, and reaction time.





Winter Driving Tips



Driving in Winter Conditions

Slow down. It's harder to control or stop your vehicle on a slick or snow-covered surface.



Navigating Around Snow Plows

Don't crowd a snow plow or travel beside it. Snow plows travel slowly, make wide turns, stop often, overlap lanes, and exit the road frequently. However, the road behind an active snow plow is safer to drive on. If you find yourself behind a snow plow, stay behind it or use caution when passing.

In an Emergency



What to Do in a Winter Emergency

If you are stopped or stalled in wintry weather, follow these safety rules:

- Stay with your car and don't overexert yourself.
- Put bright markers on the antenna or windows and keep the interior dome light turned on.
- To avoid asphyxiation from carbon monoxide poisoning, don't run your car for long periods of time with the windows up or in an enclosed space. If you must run your vehicle, clear the exhaust pipe of any snow and run it only sporadically — just long enough to stay warm.

