



Winter Safety Tips

For Remote Workers

Footwear – Wear substantial winter outdoor footwear. Boots should have a heavy tread. Use ice cleats when necessary.

Floor Mats – Place floor mats both inside and outside entry points. Indoor mats should have a floor gripping backer and outdoor mats, a rough surface to help scrape snow from boots.

Porch Steps and Handrails – Repair damaged stair treads and loose hand rails. Keep steps and pathways clear from ice and snow as frequently as possible. Never climb or descend icy steps!

Reflective Driveway Markers – Place reflective markers at the edge of driveways and sidewalks.

Outdoor lighting – Make sure outdoor lights are in proper function and walkways are well lit at night.

Walk Slowly and Deliberately – Take slow, small, deliberate steps keeping feet shoulder-width apart.

Prepare Vehicle Emergency Kit – Include a container of kitty litter or sand for traction, extra warm layers, small shovel, flashlight and batteries, non-perishable snacks, first-aid kit, jumper cables, pocket knife, ice scraper, extra windshield washer fluid and an emergency flare.

Precipitation – Stay informed about the potential for black ice, sleet and other winter precipitation.

Snow Removal with a Snowblower – Tune up snow removal equipment throughout the season. Wear proper safety gear when operating, avoid wearing loose clothing or long scarves that could get stuck in moving parts. If the blower clogs, completely turn off the power. Never stick body parts in the auger to remove jams.

Snow Removal with a Shovel – Store snow shovel in a convenient location. When purchasing a snow shovel, look for one with an ergonomic design. Remember proper body posture when shoveling: lift with your legs, keep feet shoulder width apart and remember to lift and place snow – do not twist and throw. Don't forget to rest.

Ice Melt – Place a bucket of salt/ice melter with a scoop near the doorway. Salt bags can be heavy, ensure to follow proper lifting techniques or enlist help if needed. Remember, the higher the air temperature, the more effective the melting action of the ice-melt compound. Knowing the outdoor air temperature and the lowest temperature for effective use of your ice-melt compound should serve as your guide for the optimal time to apply.

Visit [UnitedHeartland.com/walksafe](https://www.unitedheartland.com/walksafe) for more winter safety information and resources.

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