

SAFETY NEWSLETTER



Winter Safety

As winter weather descends upon Utah, it's essential to prioritize safety for yourself, your family, and your colleagues. Snow, ice, and shorter daylight hours create unique challenges, but with preparation and awareness, you can reduce risks and stay safe. Below, we've highlighted key safety areas to focus on this winter: slips, trips, and falls; driving; and daylight visibility.

Slips, Trips, and Falls

- **Wear Appropriate Footwear:** Choose boots or shoes with good traction to navigate icy surfaces.
- **Use Handrails:** When walking up or down stairs, always hold onto the handrails for extra support.
- **Walk Like a Penguin:** Take short, deliberate steps with your center of gravity over your feet, especially on icy or slick surfaces.
- **Salt and Sand:** Keep walkways and entrances clear of ice and snow by regularly applying salt or sand.
- **Stay Alert:** Watch for black ice, particularly in shaded areas, parking lots, and sidewalks.
- **Snow Removal Personnel and Supervisors:** Please watch the Risk Management "Preparing for Winter Weather" (<https://risk.utah.gov/webinar-series-preparing-for-winter-weather/>) webinar for best practices and keep a snow removal log.

Safe Driving

- **Prepare Your Vehicle:**
 - Ensure tires are all season or winter grade, properly inflated and suitable for winter conditions.
 - Check your battery, wipers, and antifreeze levels.
 - Keep a winter emergency kit in your car, including blankets, water, a flashlight, and a scraper.
- **Adjust Your Driving Habits:**
 - Always plan ahead and give yourself extra time to navigate winter weather conditions.
 - Stay informed about local weather alerts and warnings.
 - Slow down and increase following distances.
 - Avoid sudden stops or sharp turns to prevent skidding.

- Use headlights during snowstorms or in low-light conditions to improve visibility.
- **Monitor Road Conditions:**
 - Check weather reports and road advisories before heading out.
 - Avoid unnecessary travel during severe storms.
- **Accident in Icy Conditions:**
 - Stay in your car with seat belt fastened and turn on emergency flashers.
 - Attempt to drive to the shoulder if your car is in the road.
 - Use your cell phone to call for help and wait for emergency services.

Daylight and Visibility

- **For Pedestrians:**
 - Wear bright or reflective clothing when walking in low-light conditions.
 - Carry a flashlight to illuminate your path and make yourself more visible to drivers.
- **For Drivers:**
 - Ensure all vehicle lights are functioning properly.
 - Keep windshields, mirrors, and windows clean to avoid obstructing your view.
 - Be extra vigilant near crosswalks and in residential areas.

Prevent Seasonal Illnesses

- Stay up to date on vaccinations.
- Wash hands frequently to prevent the spread of colds and flu.
- Maintain good indoor air quality by keeping your home well-ventilated.

Final Note -----

It's a great team member who safeguards their well-being and fulfills their responsibilities to their family and the DWR teammates through practicing safety and healthy living at work and play. Therefore always take a moment to assess your surroundings, identify potential risks, and proactively take measures to prevent accidents, injuries, and equipment damage in absolutely everything you do at home and at work. Your commitment to safety is vital for your own benefit, people around you, and for the well-being of those who rely on you. Stay safe, keep active this winter, and above all have some fun.

References:

[Winter Weather](#) - [Winter Driving Tips](#) - [Winter Safety](#) - [Flu Prevention](#)