



Safe Winter Weather Work Practices

Winter weather brings increased risk for slips, trips and falls. Whether you're shoveling snow, operating equipment or salting walkways, following safe practices is essential to prevent injuries.



AccidentFund

AccidentFund.com/walksafe/



UnitedHeartland

UnitedHeartland.com/walksafe/

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CompWestInsurance.com/walksafe/



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Shoveling Snow: Work Smarter, Not Harder

Shoveling can be physically demanding. To reduce the risk of overexertion:

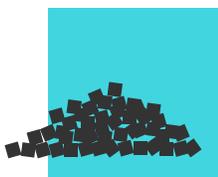
- Pace yourself and take breaks
- Use ergonomic tools with bent handles for better posture
- Lift with your legs, not your back. Keep your back straight and knees bent
- Avoid twisting while lifting or throwing snow
- Take smaller scoops to reduce strain
- Warm up with light stretching before starting
- Stop immediately if you feel pain or discomfort



Snow Blower Safety

Snow blowers reduce physical strain but come with their own risks. Always:

- Read the operator's manual before use
- Inspect equipment before each use and replace/repair as needed – this includes snow blowers, spreaders and other outdoor weather tools
- Wear proper gear: safety glasses, gloves, hearing protection and slip-resistant footwear
- Avoid loose clothing that could get caught in moving parts
- Turn off the machine before clearing clogs – never use your hands
- Operate at slower speeds on slopes or uneven surfaces
- Handle fuel safely and never refuel while the engine is hot



Salting Safely

Salt bags are heavy and awkward to handle. To stay safe:

- Read salting instructions to ensure you're using the correct compound for the temperature and surface
- Use proper lifting techniques and avoid twisting
- Transfer salt to a spreader in small batches for easier, safer application
- Choose the right spreader for your site – manual or vehicle-mounted



Cold Weather Safety Reminders

- Dress in layers to stay warm and dry
- Wear gloves when handling tools or cutting materials
- Watch for signs of frostbite or hypothermia, such as numbness, redness, swelling, confusion or slurred speech — seek shelter and medical attention immediately if symptoms appear
- Stay hydrated, since cold weather can be dehydrating, it's important to drink water regularly, especially during physical tasks like shoveling or salting
- Use the buddy system when possible, particularly in remote or low-visibility areas, to ensure help is nearby in case of an emergency
- Check weather conditions before starting outdoor tasks — avoid working during extreme cold, heavy snow or ice storms when possible
- Mark hazards clearly with cones, signs or barriers to alert others to icy areas, wet floors or snow-covered obstacles
- Report unsafe conditions promptly, such as icy walkways or poor lighting, so they can be addressed quickly