

We See Things Differently.

Walking on Ice and Snow



Applicable OSHA Compliance Information:

- CFR 29 1910.22 - General requirements
- CFR 29 1915.74 - Access to vessels
- CFR 29 1917.12 - Slippery conditions
- CFR 29 1918.91 - Housekeeping

Safety / Compliance Tips

First: Stay Alert.

Second: Have firm footing.

Third: Keep your eyes in the direction you are walking and be aware of your walking surface.

Fourth: If the ice situation looks like one that will cause you to fall or if something happens to worsen the situation, retreat at once and find another path.

The art of falling in judo has a key point. The point is to make your upper and lower extremities strike the mat simultaneously just before you make contact. You can utilize your shoulder, thigh, and knee joints as shock absorbing springs. If you succeed in doing so, you can break your fall by dissipating the impulsive force. What this means is that you should try to spread the impact of falling over as much an area of your body as you can. You don't want to land on an elbow, knee or outstretched hand, since taking the full impact of the fall with a small part of your body increases the pressure on that point and many times results in a broken bone. Likewise, it is always important to tuck your chin against your chest so that your head is protected and does not absorb any of the impact.

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Safety / Compliance Tips (Cont'd)



Hazards when Walking on Ice and Snow:

Cold weather can generate ice and snow. The effort you make to work safe and walk safely during these conditions is most important.

The following are several items you should be aware of in order to be injury free when ice or snow is present.

- **Type of surfaces around your facility, many surfaces change once covered with snow and ice.**
- **Location of salt or sand – Sometimes the need for salt and sand can be frequent.**
- **Frequency of travel – The more a surface is traveled the more hazardous it can be to walk or drive on.**
- **Water accumulation before freezing - Be aware of holes or indentations in walking surfaces before water freezes.**
- **Know your surroundings – Be aware of changes within your work areas and around the property.**
- **Know traffic directions within your facility – Sometimes traffic directions may change due to an accident or a construction project.**

The reason we slip easily and fall when we walk on a frosted road is that friction between the road and our shoes is very small. Therefore, the type of footwear we have on is very important.

Our footwear should have low heels and have soles constructed of a slip resistant material. Don't walk on slippery surfaces with leather soled footwear. Don't wear galoshes or other rubber footwear that have developed smooth soles through continued use. Just as we wouldn't drive our car in the winter with bald tires, we also shouldn't wear footwear that is not able to grip the surfaces we are walking on. You should adjust your stride so that your center of gravity is maintained directly above your feet at all times. To do this, it will be necessary to walk with your feet spread further apart laterally than would under normal conditions. Smooth, flat, icy surfaces, such as may be found on an ice rink are less hazardous than the usually irregular surface found on roads and sidewalks which become rutted by travel. Also, snow is less slippery than ice. It may be advisable to drive or walk through a little snow to avoid an icy spot.

CAUTION: Snow on top of ice is extremely dangerous and more slippery than bare ice. Also, try not to track snow into buildings. Wipe your feet off at the entrance so others won't slip and fall on melted snow. With the proper awareness of the dangers involved in walking on ice, the proper footwear, and the ability to fall correctly, we should be able to get through another winter without any broken bones or other injuries.



*FOR MORE INFORMATION ON THIS TOPIC OR IF YOU HAVE QUESTIONS,
PLEASE CONTACT THE AEU LOSS CONTROL STAFF 866-AEU-8754*

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