

# Winter Safety

Take action to prevent winter injuries, says the Industrial Accident Prevention Association. Icy conditions increase the numbers of slips and falls. Check walkways, stairs, ramps, loading docks and other places where slips can occur. Are these areas in good repair? Are they painted or coated with non-slip material? Is there a supply of salt or sand available, and has someone been assigned to spread it when needed?

Carbon monoxide is cold weather's deadly companion, says the Industrial Accident Prevention Association. So check your car or truck's exhaust system for needed cleaning or adjustments. And check heating systems, furnaces, stoves, burners, flues, chimneys, and portable heaters. Systems should enable complete combustion to take place, and they should also be properly ventilated.

The Industrial Accident Prevention Association advises you to lean your body slightly forward and put weight on the whole foot when walking on icy streets or sidewalks. Take small steps. And be sure your footwear fits the weather conditions as well as your feet.

Snowblowers are great devices, but they take their toll of fingers and toes from the untrained and unwary user, warns the Industrial Accident Prevention Association. People who use snowblowers should know how to operate the equipment properly, and should also know about potential hazards. Here are some snowblower operating tips:

- Be sure to read the instructions in the machine manual. Clear up any points you don't understand.

- Don't clear the machine's discharge chute until the equipment is fully stopped.
- Keep children away while you work.
- Don't hurry. Melting ice can turn surfaces very slippery.
- Never leave the snowblower running while unattended.
- Wear sturdy workshoes or safety boots and heavy, close-fitting clothes.

- Practise the machine's controls so you'll know what to do in an emergency.

- If your machine is electric, make sure it's properly grounded; if it's gasoline-powered, do not re-fuel while the engine is hot.

- And finally, avoid spilling gasoline on your hands while refuelling - they will freeze very quickly.

Protect your back this winter when shovelling snow, advises the Industrial Accident Prevention Association. Push snow, whenever possible - avoid lifting. Never overload your shovel. Life

with your knees, keeping your back straight. And keep your hands widely separated for good leverage.

Snowmobiling is fun, but it can be dangerous.

warns the Industrial Accident Prevention Association. To snowmobile safely, check the fuel supply and mechanical fitness of your vehicle before each trip. Inform someone of

your destination, route, and expected time of arrival. Never snowmobile on public roads or railway tracks. And always carry an emergency kit in case of trouble.

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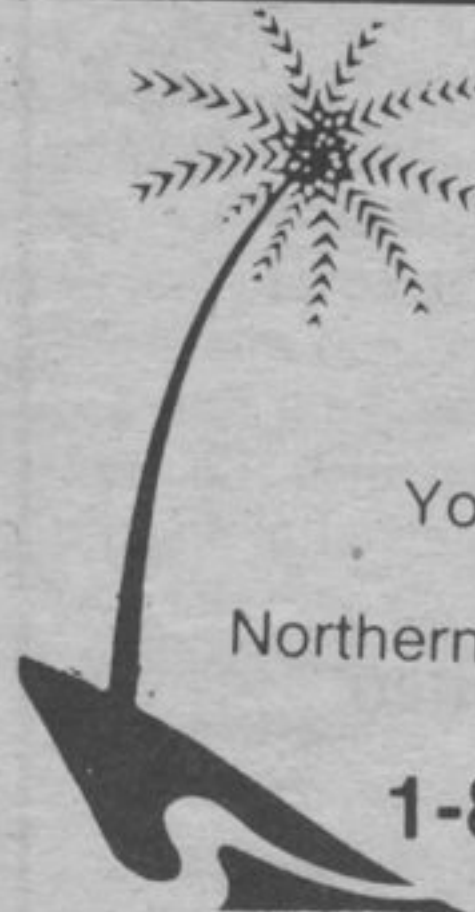


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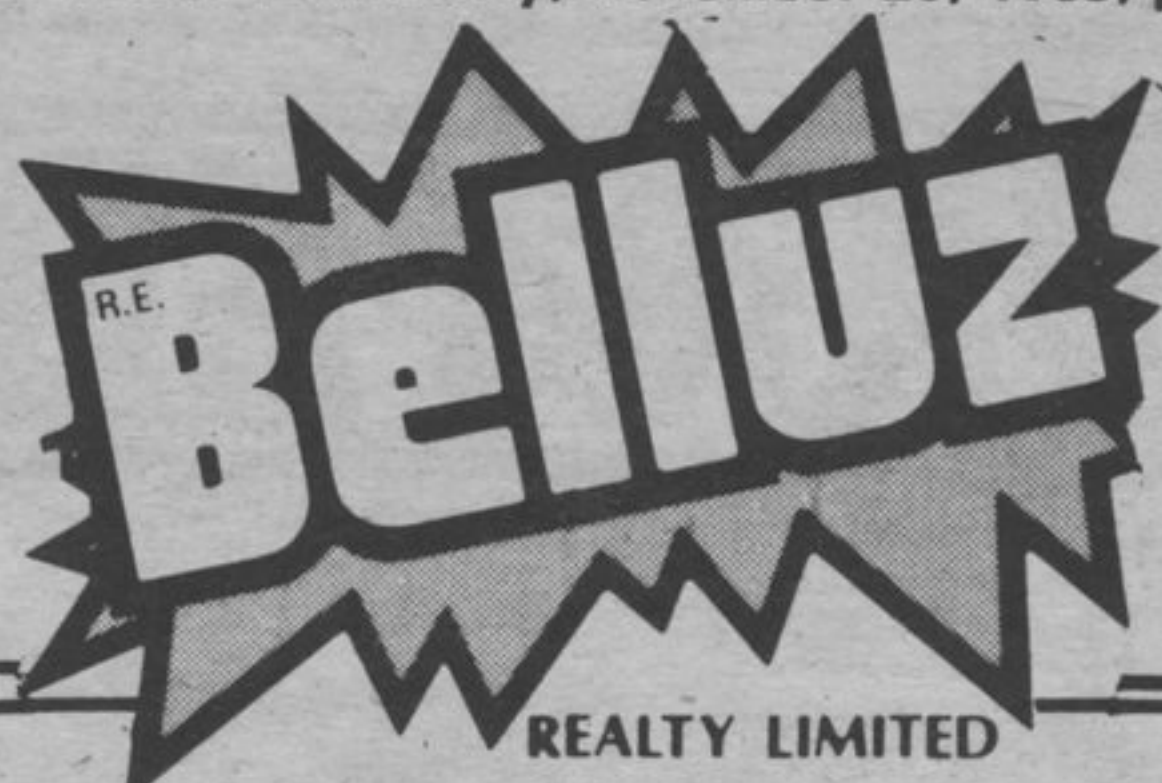
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