



# Winter Conditions: RUA Defensive Driver/Walker? Tip Sheet

Did you know that the most dangerous part of our workday is when we are on the road? However, when it comes to severe injuries, they can also happen in our parking lots as we exit cars and walk into our workplace during the winter season.

While we cannot avoid winter conditions entirely, all of us can act defensively this winter season to minimize risk and avoid injuries by practicing the following safety guidelines:

## Recognize and identify winter hazards

- Recognize icy roads, distracted or careless drivers, construction zones
- Spot icy parking areas BEFORE exiting the vehicle
- Look out for untreated outdoor walking surfaces BEFORE walking on them
- Spot and avoid uneven walking surfaces

## Understand your defense: plan for winter hazards

- Proper clothing and shoe selection (Supervisors: monitor and coach employees to help them make safer winter footwear selections)
- Proper vehicle maintenance and emergency planning
- Monitor local weather to stay informed
- Allow enough time for traveling

## Act in time to avoid injuries

- Apply defensive driving techniques to arrive to your destination safely
- Driving and walking too fast for conditions are leading causes of incidents: avoid both
- Choose a different parking space if you detect ice before exiting the vehicle
- Use the 3 point of contact rule while exiting your vehicle: maintaining three of your four limbs in contact with the vehicle or the floor at all times while exiting a vehicle.
- Walk slowly keeping your hands free for balance
- Stay on treated sidewalks as much as possible. Walk very slowly and use extreme caution while walking on untreated sidewalks
- Avoid distracted walking
- Decide to stay home if your local weather and road conditions seem extreme

## Report hazards to warn others and keep each other safe this season

- Hazardous parking lot conditions
- Water on hard floors, entrances and restrooms
- Rugs and mats not taped down

**REMEMBER:** When it comes to winter conditions, **Recognizing** the hazard, **Understanding** our defense and **Acting** in time can be the difference between a severe injury, a near miss, or just a hazard report.

