

Safety Alert

Toolbox Topic:
**Slipping
On Ice!**



“Obviously they would have had enough time to clear the ice.”



No Accidents



Success is No Accident !

Hours an Accident Oct 30th 2017

Accidents/Incidents

Job	2017 Hours	W Comp Reportabl	OSHA Report	Lost-Time	Hours an Accident
Valdez Housing Off / Warehouse	9087	1	1	0	9087
AK Sports Dome	2895	0	0	0	No Accidents!
Bethel	28603	1	1	1	28603
Turnagain Elem	15301	0	0	0	No Accidents!
Mass X Operations	97539	0	0	0	No Accidents!
Museum	29343	1	0	0	29,343
Providence	20665	1	1	0	20,665
Small Jobs	3126	0	0	0	No Accidents!
HDJV	177474	0	0	0	No Accidents!
UAF CPHR Power	172707	1	1	0	172,707
UAF Engineering Facility	39890	0	0	0	No Accidents!
Total	596,630	5	4	1	119,326

Avoiding Slips on Ice & Snow

It's that time a year again and we beat this topic to death over and over again, but every year several of you will slip on a snowy/icy surface and get injured.



So, here are a few tips on how to survive the winter. We all know this, but we have to focus on the subject.

Remember "Be in the Moment" "Focus on the Task".

When winter weather arrives we basically have to turn on our "Winter Switch" and change the way we do things outdoors. Think about it, we have to drive differently, leave earlier, wear different clothing, walk outside differently, prepare our homes and vehicles for winter, etc.

The most basic change we have to make is walking on paths and parking lots back and forth to our vehicles. Stepping out of your car or walking to and from your home/office in winter causes more injuries each year than any other thing else we do.



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Here are some tips that hopefully will get you through the winter without injury.



1. As already mentioned, stay focused,
Remember the ground can be slippery even if it doesn't look like it.
2. You can also visually scan the ground for safer areas to walk.
Walking along side the sidewalk making your own path could be safer.
3. Wearing appropriate footwear,
Heels, or hard rubber tread shoes could cause you to slip and fall.
4. If you can't avoid the ice, bend your knees slightly and take slower, short steps, try to have three points of contact. **Avoid rushing.**



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