



Cold Weather Snow Days

Cold Weather - Snow Days

Cold stress (hypothermia, frost bite) and winter driving (skids, traction, being stranded) conditions are fairly standard to those living in regions of four seasons. However, there are other winter weather related hazards that workers may be exposed to when performing work during the winter such as removing snow from rooftops, working near downed trees or damaged power lines.

Shoveling Snow

Shoveling snow is a strenuous activity, particularly because cold weather can be taxing on the body. There is a potential for exhaustion, dehydration, back injuries, or heart attacks. During snow removal, workers should warm-up before the activity, scoop small amounts of snow at a time and where possible, push the snow instead of lifting it. When shoveling snow, use proper lifting techniques, necessary to avoid back and other injuries: keep the back straight, lift with the legs and do not turn or twist the body.

Using Powered Equipment like Snow Blowers

It is important to make sure that powered equipment, such as snow blowers are properly grounded to protect workers from electric shocks. When performing maintenance or cleaning, make sure the equipment is properly blocked and is disconnected from power sources (spark plugs, chargers, etc.).

Never attempt to clear a jam by hand. First, turn the snow blower off and wait for all moving parts to stop, and then use a tool to clear wet snow or debris from the machine. Keep your hands and feet away from moving parts. Refuel a snow blower prior to starting the machine; do not add fuel when the equipment is running or when the engine is hot.

Clearing Snow from Roofs and Working at Heights

Employers must evaluate snow removal tasks for hazards and plan how to do the work safely. Workers should be aware of the potential for unexpected hazards due to the weather conditions. Layers of ice can form as the environmental temperature drops, making surfaces even more slippery. A surface that is weighed



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Determine the right type of equipment (ladders, aerial lifts, etc.) and personal protective equipment (personal fall arrest systems, non-slip safety boots, etc.) for the job and be sure to use it!

down by snow must be inspected by a competent person to determine if it is structurally safe for workers to access it, because it may be at risk of collapsing. Snow covered rooftops can hide hazards such as skylights that workers can fall through. Electrical hazards may also exist from overhead power lines or snow removal equipment.

Employers can protect workers from these hazardous work conditions, for example, by using snow removal methods that do not involve workers going on roofs, when and where possible. Employers should determine the right type of equipment (ladders, aerial lifts, etc.) and personal protective equipment (personal fall arrest systems, non-slip safety boots, etc.) for the job and ensure that workers are trained on how to properly use them.

Working Near Downed or

SAFETY TRAINING SIGN-IN SHEET

Damaged Power Lines

Assume all power lines are energized and stay clear of any downed or damaged power lines. A major hazard is snow, because the moisture can reduce the insulation value of protective equipment, and could cause electrocution. Establish a safe distance from power lines and report any incidents to the responsible authority. Only properly-trained electrical utility workers can handle damaged power lines.

Removing Downed Trees

Clearing downed trees is a critical job during severe winter weather conditions. It is usually urgent to remove downed trees that block public roads and damage power lines. Emergency crews are often tasked with clearing downed trees.

Potential hazards include:

- ▲ Electrocution by contacting downed energized power lines or contacting broken tree limbs in contact with downed energized power lines.
- ▲ Falls from heights.
- ▲ Being injured by equipment such as a chainsaw.

Workers should wear PPE that protects them. Workers using chainsaws and chippers should use: gloves, chaps, foot protection, eye protection, fall protection, hearing protection and head protection.

Only powered equipment designed for outdoor and wet conditions should be used. Use all equipment and tools (saws, chippers, etc.) properly and for the purpose that they are designed for. Ensure that equipment is always maintained in serviceable condition and inspected before use by a knowledgeable person that can identify any problems with the equipment. Do not use equipment that is not functioning properly. Equipment must have proper guarding (as applicable); safe guards must never be bypassed. All controls and safety features must function as designed by the manufacturer.

Five More Tips

Shoveling snow is hardwork, stay safe:

1. Keep up with the storm
2. Push don't lift
3. Wear breathable layers
4. Wear good boots, and
5. Stay hydrated

Company Name: _____ Date: _____

Subject: Cold Weather - Snow Days

The following employees participated in this training.

1. _____
2. _____
3. _____
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Proper Technique for Shoveling Snow



Keep feet wide apart. Put weight on the front foot close to the shovel and use the leg to push shovel straight ahead.

Shift weight to rear foot and keep shovel-load close to body. Lift with arms and legs, not back.

Turn feet in the direction of throw and pivot the entire body rather than twisting at the waist.