



WINTER WEATHER PACKET



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BEFORE

Announcements about campus delays, cancellations, or closures will be made on the University of Oregon homepage, UO Alert, and on the UO Alerts blog at alerts.uoregon.edu.

1. Sign up for the UO Alert emergency notification system safety.uoregon.edu/uo-alerts
2. Be aware of developing weather risks by monitoring the National Weather Service, local news, or weather apps on your phone.
3. Have gear ready to adjust to changes in the weather. Consider keeping a dry set of clothing handy to change out of wet clothes.

DURING

Snow and Ice

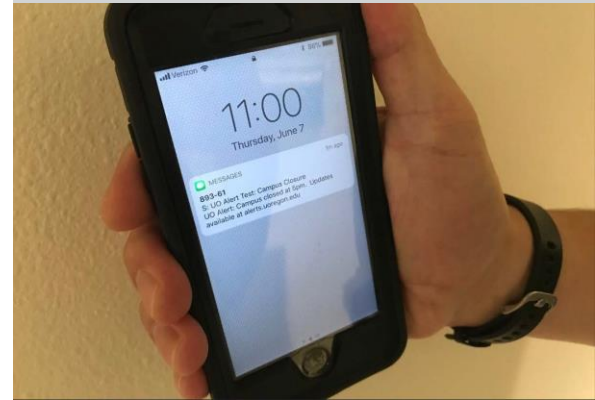
1. Dress appropriately! Wear warm clothes and footwear that has better traction on the snow and ice. Cover extremities, especially in high winds, to lower the risk of frostbite.
2. Avoid areas with tall trees to safeguard against falling limbs.
3. Exercise extreme caution while driving. Leave more room between other vehicles and slow down before stops.
4. Be aware and stay clear of downed or sagging powerlines.

Walking Tips for Snow and Ice – Walk Like a Duck

1. Bend slightly forward and walk with your center of gravity directly over your feet as much as possible.
2. Take short steps with your toes pointing slightly outward.
3. Never try to jump or take large steps over puddles or ice patches, as it could throw off your balance. Try instead to walk around them.
4. Keep your hands out of your pockets (wear gloves).
5. Use a backpack to avoid carrying anything in your hands.
6. If you fall, try to fall with sequential contacts and your thigh, hip, and shoulder (rolling into a fall). Bend your back and head forward to avoid hitting your head against the ground during a fall.

AFTER

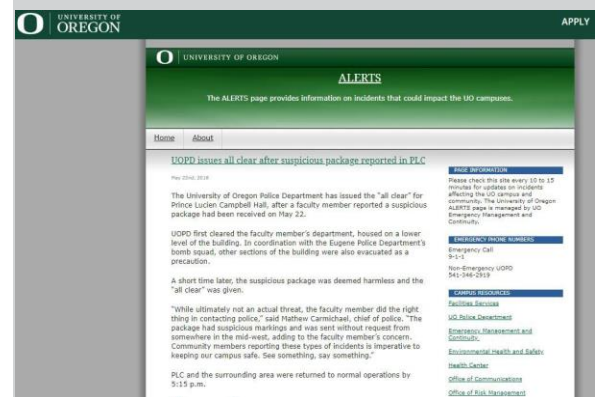
1. Notify the UOPD at 541-346-2919 for hazards that pose an imminent threat.
2. Notify CPFM at 541-346-2319 of any damage or other hazards that do not pose an imminent threat.



Sign up for UO Alert on Duck Web to receive updates via text message.



When outdoors, avoid hazardous areas such as tall trees, debris piles, or flooded areas.



Check alerts.uoregon.edu for campus information.





COLD STRESS

can be an occupational hazard, especially for those working outside. Cold stress starts when the body can no longer maintain its core temperature and begins shivering. Extended shivering results in fatigue, continued loss of body heat, and loss of coordination. Colder temperatures, wind chill, damp air, and cold water are all risk factors for developing cold stress. In extreme circumstances cold stress that is ignored can lead to frostbite and hypothermia. Wear warm, dry layers to retain body heat. Wear warm shoes that have traction to prevent falling in slippery conditions. Stretch your limbs often to keep blood circulating and increase dexterity. Be aware of your body's limits! Remember that the forecast does not usually account for wind chill. Be aware of additional hazards caused by inclement weather including: loss of vehicle handling, slippery walking surfaces, debris in paths, and falling tree branches.

SYMPTOMS:

- Shivering
- Fatigue
- Loss of coordination
- Lowered core temperature

WHAT TO DO!

- Check the forecast and plan ahead. Wear warm layers and shoes with traction!
- Know your body's limits!
- Be aware of inclement weather hazards. Avoid walking under trees in snow, ice, and wind.
- Report downed tree branches to CPFM's Work Control (541-346-2319).
- Report any injuries to your supervisor immediately!
- In an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance!



Check the forecast and plan ahead!



Wear warm layers and shoes with traction!



Avoid walking under trees in snowy, icy, or windy weather!





SLIPS, TRIPS, AND FALLS

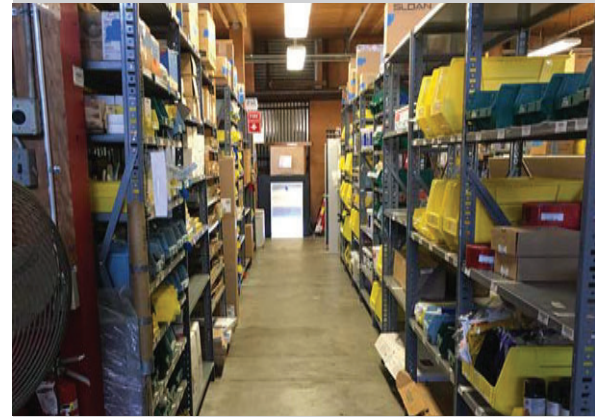
are some of the leading causes of injury or death in the workplace. Usually these occur because of loss of traction or contact with a fixed or movable object along a walking or working surface. There are a variety of environmental and behavioral hazards that can set the stage for a slip, trip, or fall. A few common hazard examples include: spills, surfaces in disrepair, the wrong shoes, weather related conditions, and debris like leaves and seeds. Being aware of these and other possible hazards can help lower the potential for incidents to yourself and your coworkers.

EXAMPLE BEST PRACTICES:

- Wear appropriate shoes with traction
- Be aware of wet conditions
- Look up, face forward, and pay attention
- Do not text or read while walking
- Do not place cords or hoses in pathways
- Do not use pathways for storage
- Keep floors dry and free of spills
- Use wet floor signs, and consider absorbing floor mats or keeping paper towels in frequent wet floor areas like break rooms and water fountains
- Use handrails on stairs when going up and down
- When walking inside from outside, take the time to dry your shoes on the mats before proceeding
- Use fall protection, if required in the area

WHAT TO DO!

- Follow the example best practices above!
- Recognize hazards. Address them if your are qualified. If not, contact your supervisor or CPM's Work Control (541-346-2319).
- Bring questions and injuries to your supervisor!
- Direct additional questions to EHS.
- In an emergency, call **911** and **UOPD**(541-346-2919 for immediate assistance!



Practice good housekeeping in your area!



Look up, face forward, and pay attention!



Recognize and address or report potential pathway hazards!





SHOVELING

is a task that can lead to awkward and uncomfortable body positions. Proper techniques are essential to protecting your body from injury. Start by making sure you have the right PPE. Depending on the nature of the work, this may include gloves, footwear, and eye protection. Next pick the right type of shovel for the job. Shovels used for snow are very different those used for dirt. Round blades with long handles are better for sand and dry earth. Square blades with short handles are designed for coarse-grained materials such as gravel. A wide rectangle blade is good for pushing snow. No matter what you are shoveling, consider warming up or doing a few exercises before you begin.

SHOVELING BEST PRACTICES FOR THE BODY:

- Step close to the load with one foot in front of the other. Keeping the feet staggered helps to maintain balance.
- Knees should be flexed with elbows close to the body. Reaching out and away from the body can increase stress on the body and make the job harder.
- Avoid twisting the back, knees, and neck. Keep the feet and shoulders pointed in the same direction. Move your feet in the direction you are throwing the load.
- Try alternating using the shovel with the right and left hand. This allows you to use different muscles and keeps one side of the body from becoming overly fatigued.
- Plowing or pushing snow can be a better way to clear a large area in moderate snow depths. Use a snow shovel and hold the end of it close to one hip. Move with the shovel as you push it, do not reach away from the body.

WHAT TO DO!

- Tell your supervisor if you need a different type of shovel, or if the one you are using is not in working condition.
- Warm-up, take breaks and stay well hydrated.
- Dress for the weather conditions.
- Report any injuries to your supervisor immediately!
- In an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance!



Keep the feet staggered and elbows close to the body!



Select the right shovel for the job!



Don't twist the back, knees or neck when throwing the load. Step in the direction of the throw!



Step Closer

One step closer helps reduce stress and strain!

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Oregon.

STRESSED



"Plowing" with the snow shovel is an efficient way to clear large areas if the snow depth is moderate. However, "plowing" in your red zone like this can put unnecessary stress and strain in the shoulders and low back. If an obstacle is encountered in the snow it may cause the handle to be driven back into your abdomen.

BETTER



You can step closer by holding the shovel closer to your body. By doing this you can position your elbows closer in a better leverage zone to reduce stress and strain. The handle is also aligned where it will not impact you if an unexpected obstacle is encountered.



Concept

Technique

Option

Application

Step Closer

Position Elbows Closer Shoveling Snow

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STRESSED



People often reach out into the far Red Zone when shoveling snow. The further your elbows move out the more force you put on the shoulders and back.

BETTER



When possible take an additional step to Position Elbows Closer to your side. This will reduce the force on your body and make the job easier at the same time.



Concept

Technique

Option

Application

Pre-position one foot back

Remember to use Point Your Toe and Go®

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STRESSED



Twisting and bending as you shovel greatly increases stress on your low back and knees and our balance may be compromised. This can be especially hazardous when working on surfaces such as snow and ice.

BETTER



When shoveling after you scoop the load and lift the blade, try turning and pointing your toe in the direction you will be throwing the load. This reduces strain from spinal twist and bend as well as improving your balance.



Concept

Technique

Option

Application

Pre-position one foot back

When shoveling snow, Point Your Toe and Go®!

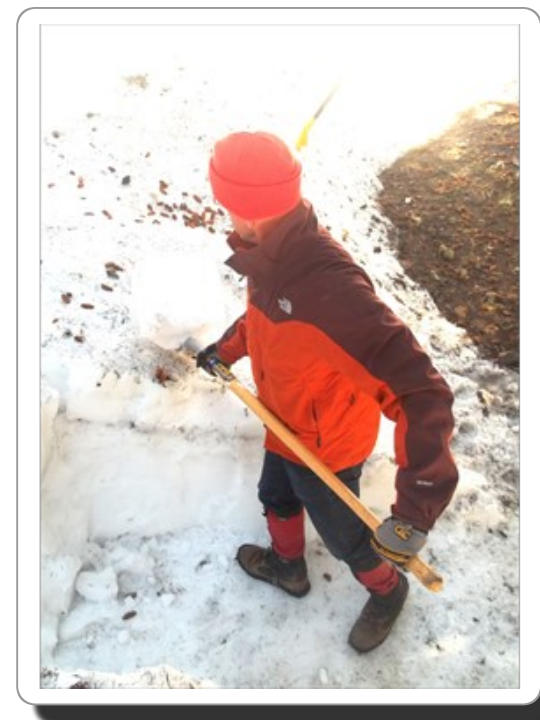
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Shoveling is an activity we do often - both on and off the job. Unnecessary twisting, bending, and reaching into the red zone puts high stress on the back and knees.

BETTER



When shoveling, it is important that the feet and shoulders stay pointed in the same direction. Once you have the snow, take an extra step and point your toe in the direction you are going.



Concept

Technique

Option

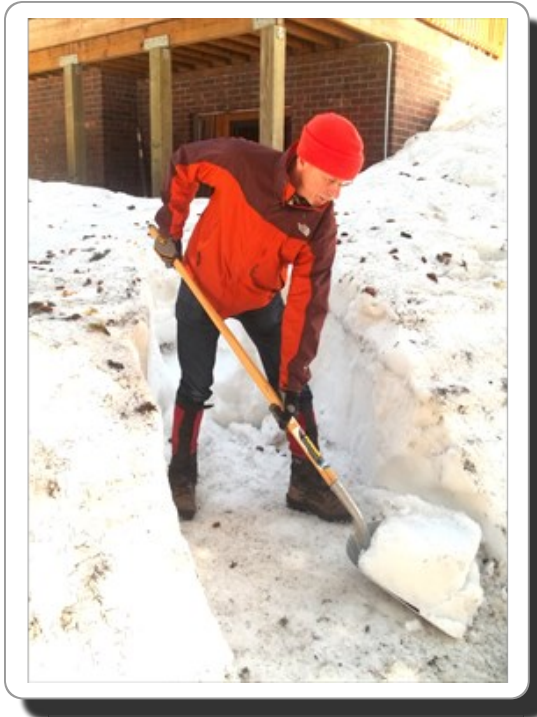
Application

Lifting Technique

Lifting & Shoveling Snow

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Not flexing your knees, bending forward at the waist and looking down before lifting while shoveling can put a high level of force on the back and shoulders.

BETTER



To reduce the force remember a few of these lifting techniques. 1. Step forward and put the big toe closer to the load. 2. Flex your knees to reduce bending, this will ensure you are using your leg muscles more. 3. Break eye



Concept

Technique

Option

Application