



WINTER SAFETY FOR DELIVERY PERSONNEL

The delivery business does not take a break during the winter. In fact, the commercial and home delivery industry can experience activity rates 3X or 4X higher during winter holiday seasons. That means they have to adapt the way they work to account for potentially dangerous winter conditions.



Poor weather conditions like rain, snow, and ice will cause problems for drivers and delivery personnel. Snow or ice on a vehicle or on delivery pathway to businesses and homes creates hazardous slippery surfaces. Lots of delivery customers will keep their premises cleared of snow and ice – but just as many don't.

Tips for Safer Wintertime Deliveries

- ➔ Slow it down! Your safety is more important than the product and being on time. Winter conditions sometimes just demand taking a bit more time getting from point A to point B.'
- ➔ Keep any loose snow or water from making surfaces slick. Before any loading/unloading takes place, walking surfaces should be cleaned free of ice and snow. Some truck drivers carry a rubber mallet – a couple of whacks with the mallet will get rid of ice pretty quickly.
- ➔ Use a commercial deicing product in the form of a liquid or spray on all surfaces that you walk on – vehicle entry/exit areas, rear loading step bumpers, running boards and steps, tailgates, flatbed surfaces, etc.
- ➔ Keep these same surfaces safe and dry as much as possible.
- ➔ Winter-traction sole boots are one of the most effective way to prevent slips and falls. Wear shoes or boots with soles that grip even on wet surfaces. Bumpy soles help gain traction.
- ➔ Use non-slip doormats or metal grids with grip-surfaces on walking surfaces inside your vehicle and on flat exterior surfaces such as entry/exit steps, truck beds and tailgates. Well-placed mats in accident-prone areas play a significant role in keeping workers safer.
- ➔ Gloves and fingerless gloves are great in the winter. Fingerless gloves keep your hands warm, but allow your fingers to be free to operate your touch-screen phone/device, if needed.
- ➔ Remember that when entering homes and buildings you and others track moisture and debris inside which makes the floors slippery. Walk slowly and watch for puddles
- ➔ Long hours in cold environments can result in thermal stress problems. Risks of working long periods in cold environments can be prevented by:



- Protective clothing especially footwear, head covering and gloves with sufficient insulation.
- Fluid intake should be maintained to ensure adequate hydration.
- Cab heaters/fans help with cold hands and drying walking surfaces inside vehicles.





Snow and Ice Safety



This winter, be smart and safe when walking on ice and snow so that you don't fall and get injured!

- ▶ **Pay Attention!** Be alert for ice-covered areas; especially outside steps leading to buildings.
- ▶ **Wear boots or shoes** with grip soles. Slick leather or plastic soles on shoes will definitely increase the risk of slipping.
- ▶ **Don't walk with your hands in your pockets.** This reduces the ability to use your arms for balance if you do slip. If you fall then you will likely land on your face.



More Tips for Safe Winter Walking



- ▶ Don't step on uneven surfaces.
- ▶ Avoid steps and curbs with ice on them.
- ▶ Don't take shortcuts over snow piles and through areas where snow and ice has accumulated.
- ▶ Watch out for black ice.
- ▶ Don't carry or swing heavy loads, such as large boxes, cases or tools that may cause you to become off balance when you are walking.
- ▶ Take short shuffling steps in very icy areas. This is called the "penguin shuffle."
- ▶ When entering a building, watch for slippery floors. Dry your shoes or boots on the entry mats as much as possible.
- ▶ Apply ice melt as necessary to keep walking areas clear and dry.



Trainer Name

Date

I UNDERSTAND AND AGREE TO PRACTICE WINTER SAFETY.

Employee Signature

Name

