Clearing Snow and Ice

According to the U.S. Consumer Products Safety Commission:
In 2007, more than 118,000 people were treated in hospital emergency rooms, doctors' offices, clinics, and other medical settings for injuries sustained while shoveling or otherwise removing ice and snow manually.

Clearing snow and ice from driveways and sidewalks is hard work. To prevent injuries, follow these safety tips from the National Safety Council, the American Academy of Orthopedic Surgeons, and other prevention organizations.

- Avoid shoveling snow if you are out of shape. If you have a history of heart trouble, do not shovel snow unless your doctor says it's okay.
- Do light warm-up exercises before shoveling and take frequent breaks.
- Dress warmly, paying special attention to feet, hands, nose, and ears.
- Pace yourself. Take frequent breaks and replenish fluids to prevent dehydration.
- Most importantly, listen to your body. STOP if you feel pain! Do not keep working until the point of exhaustion.
- When shoveling, always be aware of your back and bend your knees. Avoid excess twisting.
- If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs, not your back. Do not toss snow over your shoulder or to the side.
- Don't drink alcohol before or while shoveling snow. Never smoke while shoveling.
- Use rock salt or de-icing compounds to remove ice from steps, walkways, and sidewalks. Sand placed on walkways may also help prevent slipping.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.

Safe Winter Walking

Walking to and from parking lots and between buildings during the winter requires special attention to avoid slipping and falling. We often forget how dangerous slipping and falling can be. The National Safety Council estimates that occupational falls cause more than 1500 deaths per year, along with approximately 300,000 injuries.

No matter how well the snow and ice is removed from streets and sidewalks, employees will encounter some slippery surfaces when walking outdoors in the winter. Each year numerous employees are injured from slips and falls. It is important to be continually aware of the dangers and to walk safely on ice and slippery surfaces.

- Plan ahead; give yourself sufficient time and plan your route.
- Wear shoes or boots that provide traction on snow and ice: rubber and neoprene composite. Avoid plastic and leather soles.
- Keep both hands free for balance, rather than in your pockets.
- Keep you eyes on where you are going.
- Look ahead when you walk; a sidewalk completely covered with ice may require travel along its grassy edge for traction.
- Take small steps to keep your center of balance under you.
- Walk in designated walkways as much as possible. Taking shortcuts over snow piles and areas where snow and ice removal is not feasible can be hazardous.
- Test potentially slick areas by tapping your foot on them.
- Avoid shoveling snow if you are out of shape. If you have a history of heart trouble, do not shovel snow unless your doctor says it's okay.
- Do light warm-up exercises before shoveling and take frequent breaks.
- Dress warmly, paying special attention to feet, hands, nose, and ears.
- Pace yourself. Take frequent breaks and replenish fluids to prevent dehydration.
- Most importantly, listen to your body. STOP if you feel pain! Do not keep working until the point of exhaustion.
- When shoveling, always be aware of your back and bend your knees. Avoid excess twisting.
- If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs, not your back. Do not toss snow over your shoulder or to the side.
- Don't drink alcohol before or while shoveling snow. Never smoke while shoveling.
- Use rock salt or de-icing compounds to remove ice from steps, walkways, and sidewalks. Sand placed on walkways may also help prevent slipping.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.

2009 UCAR Health & Benefits Fair

March 3, 2009
9:00am—2:00pm
CGI-Auditorium

Blood Draw Sessions for Health Fair
(12 hr fast & registration required)

January 29th  7:30-11:00  CGI Auditorium
February 3rd  7:30-11:00  ML-Damon
February 11th  7:30-11:00  FL2-Café Atrium
February 19th  8:00-11:00  RAF (Jeffco)

Sign up for Blood draws @ the UCAR Health Fair Website:
www.fin.ucar.edu/wellness/healthfairs.html

Did You Know?

- If you register your car at any one of the front desks, security will be able to notify you if something does happen to your car.
- Report ice/snow removal concerns to Maintenance x1120.

Upcoming Safety Classes:

2-10-2009
Hazard Communication 9:00am - 10:30am ML Chapman Room

Confined Space 10:30am - 11:30am ML Chapman Room

Hot Operations 11:30am - 12:30pm ML Chapman Room

Lockout/Tagout 1:30pm - 2:30pm ML Chapman Room

2-12-2009
CPR Recertification 1:00pm - 5:00pm Jeffco Conf. Rm

Fire Extinguisher 10:00am - 12:00pm Jeffco Conf. Rm

3-5-2009
Workplace Harassment Awareness 1:30pm - 3:30pm ML Main Seminar

3-10-2009
Back Safety 1:30pm - 3:30pm FL2 1002

4-9-2009
CPR Recertification 1:00pm - 5:00pm ML Chapman Room

Fire Extinguisher 10:00am - 12:00pm ML Chapman Room

5-6-2009
CPR Certification (MERT/Field Campaign Staff Only) 10:00am - 5:00pm FL2 1002

Register @:
HR website: www.fin.ucar.edu/hr/staff_dev/index.html
or by calling Kate Pohl x8715.

Safety Committee:
ACD/ESSL Denise Montzka x1868
CSIL/AMGe Joan Fisher x1207
F&A Matt Pinter x2522
MM/MCOMET Charlie Knight x8940
SuSS Milenda Powers x8625
Security J.D. Wellard x1139

UOP /FL4 Ellen Martinez x8686
DIR/Library/ASP/CCB Cindy Worster x1101
HAO/ESSL Don Kolinski x1548
PPS Dave Maddy x1134
SuSS Elizabeth Kriete x8556

EOL/TIMES Brad Lindseth x8742
E&A Karen Smith-Herman x2590
HR Cyd Perrone x8710
RAL Inger Gallo x8403
SuSS Bob Wiley x8554
CGD/ESSL Adam Phillips x1726
F&A Kelly Box x8558
RAF/EOL Bob Olson x1071
SuSS Steve Sadler x8550
SuSS Anna Vasilyeva x2409

Links and Emergency Numbers:
Safety and Security Hotline x1100
Security x1139
Track emergencies online @ https://wiki.ucar.edu/display/incident/Home
Emergency x911

Emergency @ RAF x9911

Follow us on Twitter: @ucarsec

Comments, questions, suggestions may be directed to Bob Wiley @ x8554 or r Wiley@ucar.edu
Previous Safety News Letters: www.fin.ucar.edu/sass/hess/committee/newsletter.html