



# WINTER WELLBEING FOR EMPLOYEES

Working in winter presents a risk to health and safety, due to extreme weather conditions that cause reduced visibility, poor travel conditions and unstable environments. These conditions can increase many of the standard risks associated with working alone.

## SLIPS, TRIPS AND FALLS

- ✿ Mark major walkways with warning signs or cones
- ✿ Treat snowy or icy surfaces with rock salt
- ✿ Encourage appropriate footwear with good traction and grip

**37%**   
**NON-FATAL INJURIES ARE SLIPS, TRIPS AND FALLS**

**163**  
**EMPLOYEES ARE STRUCK BY A MOVING VEHICLE EVERY YEAR**

## POOR VISIBILITY

- ✿ provide employees with hi-vis clothing in low lit environments
- ✿ Invest in fixed/portable lighting in high-risk areas



## HYPOTHERMIA

- ✿ Dress appropriately (e.g. hat, gloves, waterproofs and thermals)
- ✿ Wearing many thin layers is the best way to keep warm in cold conditions
- ✿ Schedule 'warm breaks' for prolonged work outside

**-35°C**

**IS A HARMFUL BODY TEMPERATURE**

**20%**  
**INCREASE IN ROAD ACCIDENTS DURING WINTER MONTHS**

## TRAVELLING IN BAD WEATHER

- ✿ Plan ahead for a safe journey including checking the weather
- ✿ Check your vehicle (e.g. lights, breaks and steering)
- ✿ Prepare or purchase a winter driving emergency kit