

SAFETY AT WORK

- I have enough warm clothing that I can wear in layers when I work outdoors this winter.
- My employer has provided me with appropriate PPE for cold-weather protection and job safety.
- I work near a source of water so that I can stay hydrated this winter.
- My employer makes warm drinks available so that we can stay warm while we work.
- There is a place that is sheltered from the elements and heated where we can take breaks to warm up.
- I protect my extremities by wearing hats, gloves, and proper footwear.
- I know the exposure limits for my jurisdiction.
- I have taken training aimed at helping me work safely in extreme freezing temperatures.

SAFETY AT HOME

- My home is heated, even while I am away.
- I never leave candles or fires unsupervised.
- All driveways and walkways are shoveled and kept free from snow and ice.
- I use salt to keep ice from building up on walkways.
- I only knock snow and icicles off of the roof if I have to, and do so safely, never standing directly beneath the snow or ice.
- I have a supply of canned goods, candles, flashlights, batteries, and other survival goods in my home.
- I keep my home clean and sanitized to prevent risks and illness from colds, flu, and COVID-19.
- I monitor weather conditions and keep an eye on weather reports so that I am prepared for potential adverse conditions.
- Check your intake and exhaust vents when snow piles up. Significant snow accumulation can impede the safe venting of hazardous carbon monoxide gases.

SAFETY ON THE ROAD

- I have four snow tires and I put them on my car ahead of snowy weather.
- I keep a car safety kit and non-perishable snacks in my trunk.
- The gas tank is kept between $\frac{3}{4}$ and full all winter.
- There are blankets in the trunk.
- I keep extra windshield washer fluid on hand.
- I travel only when essential when the weather is poor.
- I've had my car thoroughly checked by a mechanic ahead of the winter season to ensure it's reliable during the cold months.
- I have a snow brush and I always brush off my entire car, including the roof, before traveling.

BEST SAFETY TRAINING CAN HELP

Did you check off all the boxes? If not, don't worry. BEST Safety Training and Consulting is here to help make this winter your safest yet. We don't just want you to be safe at work; we know you're important to your family and friends as well as your employer. That's why we want you to be safe at home and in the car, too.

ADDITIONAL RESOURCES

[Canadian Centre for Occupational Health and Safety](#)

[Government of Canada on Winter Safety](#)

[Ministry of Labour, Training, and Skills Development](#)

[Government of Canada on Winter Driving Safety](#)