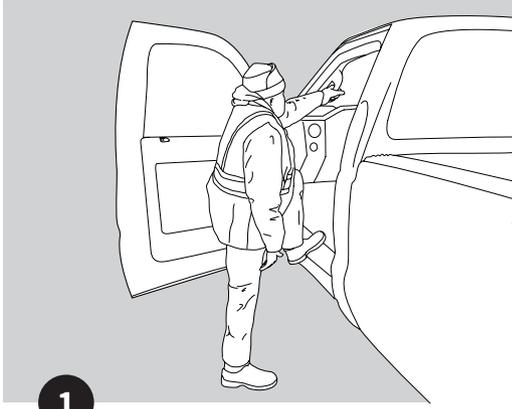


EMPLOYEE SAFETY BEST PRACTICES

In the quest to safely service our customers' sites, it is easy to forget that the first people we need to protect are ourselves. A recent SIMA survey identified key areas in operations where employees have become injured, resulting in concussions, cuts, bruises, broken bones, sprains and strains. Safety must be top of mind during snow and ice operations for the care and well-being of all. This training sheet highlights areas of concern — review them and keep them handy as reference.



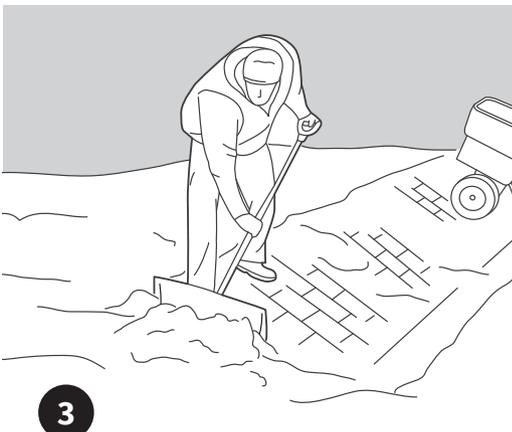
SAFE ENTERING & EXITING EQUIPMENT

- Use handholds and steps to safely enter and exit.
- Establish three-point contact (two hands and one foot) to position the body for safe entry and exit. Break three-point contact only when you reach the ground, cab or platform.
- Never jump down or fall forward out of the vehicle.
- Wear shoes with sturdy, no-slip soles.
- Make sure steps are free of snow and ice.
- Never enter or exit or ascend and descend moving equipment.



SAFE LIFTING

- Before lifting, make sure your destination and path are free of obstacles.
- Bend at the knees, never at the waist.
- Keep arms/elbows close to the body and carry the load close.
- Do not toss items into the back of trucks. Place on the edge and push.
- Stand close to the load with feet shoulder width apart. One foot should be slightly in front of the other for balance.
- Straighten and lift slowly. Never twist your body as you lift.
- If you must turn while carrying the load, use your feet, not your torso.



SAFE SHOVELING

- Stretch before and after. Dress in breathable layers and wear proper PPE.
- Push snow instead of lifting whenever possible. Use a snow pusher to push snow and a shovel to lift/shovel snow. Don't shovel with a pusher.
- Never lift and twist with your back.
- Use extreme caution when shoveling near roadways and aisles.
- When possible, clear snow every 1 to 2 inches.
- Shovel snow in intervals, taking breaks to prevent overexertion.

EMPLOYEE SAFETY BEST PRACTICES



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SAFE WALKING

- Consistently scan the ground surface to avoid high-risk areas.
- Be aware of nearby vehicles while in the pedestrian field.
- Use handrails and move slowly when going up and down stairs.
- Walk like a penguin, focusing your center of gravity at your core.
- Be aware of the possibility of thin or black ice. Assume all wet/dark surfaces are icy.



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SAFE SNOW BLOWING

- Locate hidden obstacles in advance and clear them or mark them before snowblowing.
- Keep your body behind the handles at all times while in operation.
- Always turn off engine prior to working on or in the machine. Never, ever use your hands (or any other part of your body) to free an obstruction – even if the machine is turned off
- Never touch the engine or other mechanical parts of the machine while hot.
- Wear ear and eye protection, appropriate PPE to protect from the weather and sturdy boots with good traction.
- Never blow snow toward pedestrians or cars.



5

SAFE ROOFTOP OPERATIONS

- Always use fall protection equipment. Put on harnesses and buckle them snugly before mounting the roof.
- Remain alert to unexpected sounds or movement around surfaces that have been weighed down by snow (or water from melted snow).
- Remove snow uniformly across the roof and avoid making snow piles.
- Do not carry heavy or bulky objects or loads up a ladder.
- Do not use powered equipment near the edge of any roof. Operate equipment at reduced speeds.
- Always be aware of your surroundings. Use extreme caution when working near power lines. Always treat power lines, wires and other conductors as energized.