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Preparing for the Holidays and Winter Weather

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As the holidays quickly approach, so does winter weather, stress, and all of the hazards that go with it. It is important for all of us to recognize these seasonal hazards and the behavioral risks associated with them to ensure everyone's safety at work and at home.

Avoiding Slips, Trips, and Falls: Icy and snowy conditions increase the risk of falls both indoors and outdoors.

- Ensure entrances, walkways, and parking lots are free of snow and ice, using salt or sand to improve traction.
- Use non-slip mats at entrances to catch melting snow and post "wet floor" signs when necessary.
- Wear shoes with good tread or anti-slip devices.
- When walking on slippery surfaces take short, slow steps and use the handrails.
- Ensure good lighting at all entrances and walkways to make icy patches more visible.

Safe Winter Driving: Safe driving practices should be followed during winter months, especially for those who commute or drive for work. Accident rates increase during the winter, but simple preparation and planning can help prevent them.

- Plan extra time, slow down, and allow for extra stopping distance.
- Remember to keep vehicles winterized with proper tires, full fluids, and a clear line of sight.
- Ensure personal vehicles contain an emergency kit with blankets, a flashlight, and other essential supplies.

Electrical Safety:

- Avoid overloading electrical outlets.
- Only use electrical cords and equipment that are in good repair.
- Ensure space heaters are placed away from flammable materials and used in well-ventilated areas.

Fire Prevention: Make sure fire extinguishers are accessible and that you know how to use them. Regularly test your smoke detectors and replace the batteries every six months.

Physical & Mental Health: The combination of increased workload and personal holiday preparations can lead to stress and fatigue. One way to minimize stress and fatigue is by staying healthy.

- Wash your hands regularly to prevent the spread of the flu and other seasonal illnesses.
- Encourage regular breaks to manage energy and the cold.
- Take advantage of our EAP mental health resources to help cope with holiday stress.
  - EAP Counselors are available 24/7 at **800-832-7733** Company Code: **intermountaineap**
- Acknowledge the increased stress that can come with the holidays and encourage others to take care of their mental well-being.

The holidays are a time for celebration and togetherness. However, winter weather and increased workplace hazards can dampen our holiday spirit. From slippery floors and overloaded electrical outlets to heightened stress levels, the potential for accidents rise dramatically during the winter months. To ensure a safe and happy holiday season, it is essential for each of us to prioritize workplace safety and eliminate behavioral risks and hazards. Be safe, and Happy Holidays!