

SIDEWALK SAFETY

➔ Sidewalk crews play a crucial role in snow clearing operations; and they are the team members most exposed to the elements during a storm. Be prepared to safely perform in the field by knowing how to identify hazards, dress for success and when to speak up if you feel unsafe.



COLD & LOW VISIBILITY

Sidewalk-specific personal protective equipment (PPE) should include insulated boots and gloves; layers of breathable warm clothes; waterproof, high-visibility jacket; socks that wick moisture; and hat (be prepared with extra gloves, hats and socks in case they get wet). Use signage to alert the public that there are crews at work.



UNEVEN SURFACES

Hidden obstacles can cause trip and fall injuries; in addition, obstacles (e.g., raised sidewalks, manholes, etc.) can catch the edge of a shovel or attachment, causing injury to the person operating it.



TRAFFIC & LOW CLEARANCE

When clearing sidewalks face oncoming vehicle traffic whenever possible so you can see the traffic and drivers can see you. Be cautious of low-hanging branches, signs or structures that may cause injury during snow operations.



SAFE SHOVELING

Stretch before and after shoveling. Push snow instead of lifting whenever possible. If you must lift, do it with your knees and avoid twisting with your back. Shovel in intervals, taking breaks to prevent overexertion, and stay ahead of accumulation.

TEAR OUT AND SAVE

EVERYTHING FOR
SIDEWALKS

Plows / Spreaders / Sprayers / Shovels / Brooms



SNOWEX

SIDEWALK SAFETY

➔ Don't be a hero — learn the warning signs and report to your supervisor if you or someone on your team appears in danger from continued exposure to precipitation, wind and cold. In addition, take your safety into your own hands by wearing proper PPE, staying hydrated and nourished, and ensuring bathroom access is available prior to leaving for the site.

COLD STRESS FACTORS, TREATMENT & PREVENTION			
CONDITION	Hypothermia	Frostbite	Trench Foot
IMPACT	Normal body temperature drops to 95°F or less	<ul style="list-style-type: none"> • Body tissues (e.g., hands, feet, face) freeze • Can occur at temperatures above freezing due to wind chill 	Non-freezing injury to feet due to lengthy exposure to wet, cold environment
SYMPTOMS	<p>Mild: Alert but shivering</p> <p>Moderate to Severe:</p> <ul style="list-style-type: none"> • Shivering stops • Confusion • Cold, bluish skin • Slow or slurred speech • Heart rate/breathing slows • Irritability, irrational behavior • Memory lapses • Loss of consciousness • Death 	<ul style="list-style-type: none"> • Numbness • Reddened skin that develops gray/white patches • Skin feels firm and may blister 	<ul style="list-style-type: none"> • Redness • Swelling • Numbness • May blister
TREATMENT	<ul style="list-style-type: none"> • Call 911 in an emergency • Move worker to warm place • Change to dry clothes • Cover the body (including head and neck) with blankets • Do not cover face • Give warm drinks • Apply heat packs to armpits, sides of chest, neck and groin for rewarming 	<ul style="list-style-type: none"> • Follow Hypothermia treatment • Loosely cover and protect the affected area from contact <p>DO NOT:</p> <ul style="list-style-type: none"> • Rub the frostbitten area • Walk on frostbitten feet • Apply snow/water • Break blisters • Try to rewarm the area unless directed by medical personnel 	<ul style="list-style-type: none"> • Remove wet socks/shoes • Air dry in warm area • Keep feet elevated and avoid walking • Seek medical attention
PREVENTION	Dress in recommended safety PPE, drink warm fluids (no alcohol), take breaks in warm areas when conditions for cold stress are present. If ever in doubt, err on the side of caution and call 911.		

Source: Occupational Safety and Health Administration / SIMA