

# Winter Safety Tips

## Plan, Prepare & Stay Safe

**Plan Your Route** Familiarise yourself with your routes and keep an eye on the weather. Take safe, well lit and well-used paths where possible.



**Stay Visible** Wear reflective clothing and keep a flashlight/ torch handy. Early sunsets mean reduced visibility on roads and pathways.



**Stay Connected** Keep your lone worker safety device and phone fully charged and carry a portable charger. Use check-in systems.



**Check Your Vehicle** Make sure your vehicle is road worthy. Worn tires and brakes can become a deadly risk in poor road conditions. Keep de-icer and windscreen wash topped up. Have a stocked first aid kit, water, snacks and thermal blanket in your vehicle for emergencies.



**Prepare For Extreme Cold** Dress in layers, including waterproof outerwear. Pack essentials like hand warmers, gloves, and extra socks to stay warm.

**Emergency Preparation** As well as your winter emergency kit with water, snacks, a first aid kit, and a thermal blanket, have your emergency contacts on speed dial.

**Protect Your Mental Health** Working alone in winter can be isolating. Take breaks, and check in with colleagues, managers and family to keep spirits up.

**Beware of Slips & Trips** Wear slip-resistant footwear and avoid icy patches where possible. Take slower, measured steps.

