

Document Number: B-OPEX-00079	
Revision: R0	Page 1 of 2



OPEX – JIT BRIEFING

TITLE:
WINTER SLIPS AND FALLS - WATCH YOUR FOOTING!

Summary and Consequences:

Once the cold weather arrives and slippery conditions develop walking from the parking lot to your work location can be challenging to say the least. Being aware and prepared can minimize your risk. If your work takes you outside in slippery conditions (eg. Security Guards, Material Handlers) be careful. You can be seriously injured when the conditions under foot are slippery (icy, slick).

Lessons Learned:

There are several common situations where slips, trips and falls occur in winter:

- Walking on sloped, uneven, or slippery surfaces (like cable trench covers or ramps).
- Climbing in or out of a vehicle's cargo area.
- Entering or exiting a vehicle's driver or passenger compartment.
- Walking on or stepping down from a loading dock.

Here are some reminders about preventing falls around passenger cars:

- Falls often occur when entering or exiting a passenger car. Be sure of your footing and use the hand holds provided before you step in or out of a vehicle.
- Check your footwear for snow and ice before stepping up or down from a vehicle.
- Maintain "three-point contact" when entering or exiting the vehicle or climbing up or down any part of the vehicle.
- Check the ground or pavement before stepping out of the vehicle. Look for debris, ice or loose gravel that could cause you to fall.

Falls can also occur around vehicles in areas where security checks take place or where cargo is being loaded or unloaded. Here are some safety reminders:

- Never jump down from a loading dock to the level below – take the stairs.
- Do not jump down from the back cargo door of a vehicle. Instead, use the step bar or mobile steps.
- Watch where you are going, particularly if you are working near the edge of a dock.
- Beware of slipping hazards such as icy steps and docks, clutter in traffic areas and rough pavement. Correct or report any such hazards to protect others from falls.
- A particularly dangerous practice is pulling down the overhead door as you jump down from the vehicle. Instead, maintain firm footing as you close the door.
- Wear well-fitting winter footwear in good condition with winter tread

Prepared by: P. Zippel Senior Advisor - OPEX	Verified by: G. Humphrey Senior Advisor - OPEX	Approved by: P. Zippel Senior Advisor - OPEX
Date 09OCT2006	Date 17OCT2006	Date 17OCT2006

IMPORTANT – LIABILITY DISCLAIMER NOTICE – The material contained in this document is provided for information purposes only. Reliance on this material is done at any reader’s own risk. Bruce Power (a) makes no warranty or representation, expressed or implied, to any person or entity, with respect to the accuracy, completeness, or usefulness of the information contained herein, or that use of any information, apparatus, method, or process disclosed herein may not infringe on privately owned rights, and (b) assumes no liabilities with respect to the use of, or for damages resulting from the use of, any information, apparatus, method, or process disclosed herein suffered by any person or entity, regardless of the permissions granted above, which permissions are granted subject to the provisions of this paragraph.