



Defence Team,

As you all know, winter is a beautiful yet somewhat of a challenging time of year here in Nova Scotia, as the elements can be harsh and difficult to navigate. Freezing rain, icy surfaces and hard-packed snow can pose hazards to pedestrians and motorists alike.

As we enter the winter storm season, members from the Base Logistics Transport and Electrical Mechanical Engineering (TEME) and Real Property Operations Unit (Atlantic) who conduct Snow and Ice Control (SNIC) operations here at CFB Halifax have put together a useful list of winter safety tips.

Please stay safe out there with these simple measures:

- **Choose a good pair of winter boots.** For warmth and stability look for these features: well-insulated, waterproof, thick non-slip tread sole made of natural rubber, wide low heels and light-weight. Attach ice grippers to footwear when appropriate.
- **Wear reflective clothing at night** or during poor-visibility weather events.
- **Be mindful when transitioning between different surfaces.** Indoors to outdoors, sidewalk to accessible ramps, sidewalks to parking lots or roadways. These areas can be some of the most dangerous during inclement weather events.
- **When entering and exiting a vehicle, utilize the hand grips.** Also, remember to do a visual check for slipping hazards.
- **Be mindful crossing at crosswalks and do not jaywalk.** Pedestrians should be mindful of their surroundings and be on the lookout for cars running stop signs or red lights, especially if the road conditions are icy or wet (making it harder for vehicles to stop). Wait until vehicles have come to a complete stop before starting to cross the street. If sidewalks and walkways are impassable and you have to walk in the street, walk against traffic and as close to the curb as you can.
- **Make eye contact with motorists and snow equipment operators.** Before stepping off a curb or when manoeuvring around snow equipment, make sure others are aware of your presence. Slippery road conditions can force drivers to take longer than usual to stop their vehicles and visibility is often poor within SNIC equipment, especially when conditions are extreme.

- **Do not step on uneven surfaces.** Always be aware of your surroundings and avoid icy curbs as well as climbing over snow banks.
- **Utilize salt boxes at the entrance of buildings.** The salt boxes are for maintenance workers and building occupants alike.
- **For motorists, other essential preparations** include: getting a full set of winter tires (or all-season tires) that can handle snowy and icy conditions, leaving the house with a fully charged cell phone and ensuring that your car's gas tank is at least half full at all times.
- **Always plan your route** – no matter your mode of transportation. Give yourself extra time for your commute so that you are not distracted while in transit from one place to another.
- **Do not text while walking/driving.** Distracted or careless walking/driving is always dangerous, and even more so during inclement weather.
- **Remember to keep your safety and those around you close to heart.** Stay safe, Defence Team!