

Autumn Weather Safety Tips

Along with the beauty of the season, Autumn brings increased hours of darkness, falling leaves, inclement weather, and warmer temperatures indoors. Being aware of seasonal hazards can prevent injuries.

POOR VISIBILIITY (Driving)- Increased darkness and inclement weather (fog and rain, wind) cause restricted visibility. Remember to slow down, increase following distance, and always keep headlights on when driving during decreased visibility. Ensure company vehicles are in good order by changing wiper blades, checking that all lights, fluid levels and tire pressure are maintained, and restocking emergency kits. Stay alert to your surroundings and watch for obstacles when visibility is poor.

SLIPPERY SURFACES- Fog, rain, and falling leaves create slippery surfaces this time of year. Take extra caution by slowing down and staying alert while walking. Wear no slip footwear. Keep walkways free of leaves and other obstacles that the wind may have blown in. Place anti slip strips on stairs. Dry off footwear when entering buildings. Make sure caution signs are clearly posted and visible.

TEMPERATURE CHANGES- Wear weather appropriate gear when working outdoors. Additionally, with temps falling outside, they increase inside. Be sure to stay hydrated. Dehydration can cause fatigue and less lubrication/cushion in our joints, which can lead to injuries. With cooler temperatures, windows tend to stay closed leading to reduced air circulation, which can lead to illnesses. Improve circulation by opening windows when possible, changing air filters, inspecting vents and returns, installing HEPA filtration systems, and ensure cleaning products are used properly.

Let's help everyone enjoy the season by staying safe and healthy!