



# **Weekly Safety Tip**

**Avoiding Slips, Trips,  
Falls Due to Freezing  
Rain**

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# Avoiding Slips, Trips, Falls Due to Freezing Rain



*Here are proactive steps you can take to reduce slip & fall risks in outdoor areas during freezing rain.*

Among winter hazards, **freezing rain stands apart** . . . Unlike snowfall, which reveals itself in a blanket of white, this type of precipitation leaves behind a nearly invisible layer of ice that can turn any outdoor surface into a liability.

Parking lots, docks and walkways can become dangerous in a matter of minutes. Waiting until after the ice forms is often too late. **Prevention – not reaction – must be the rule.**

## 1. Prepare surfaces in advance

The most effective step is to stop ice from bonding with the ground. This isn't achieved by luck – it requires strategy.

**Forecasts matter.** Instead of relying on broad updates, safety managers should turn to detailed, hour-by-hour weather services that flag the onset of freezing rain. Those narrow time windows are the opportunity to act.

**Liquids beat solids in this case.** Although rock salt works after ice appears, brines and magnesium chloride solutions, sprayed on beforehand, dry into a protective film. When rain freezes, it can't grip the sprayed pavement as firmly, which makes removal faster and safer.

**Drainage is often overlooked.** A blocked catch basin or a clogged drain is an invitation for water to collect. Once the temperature drops, that standing water becomes a sheet of ice.

## 2. Manage the event in real time

Preparation isn't enough on its own. Once freezing rain arrives, you must remain active.

**Reapplication is key.** Rain dilutes and washes away treatments, so crews should return to entrances, high-traffic lanes and dock aprons repeatedly throughout the event.

**Visibility saves people.** A-frames, caution tape and cones should be placed where ice is known to form. Digital alerts, sent via email or text, can warn workers before they even step outside.

## 3. Address the human factor

Surface treatments handle the ground, but people themselves need protection, too.

**Proper gear makes the difference.** Standard boots alone aren't enough; slip-on traction cleats, designed for icy conditions, should be required. And, remember to train employees on their use.

**Briefings keep awareness sharp.** Simple reminders – walk slower, shorten steps and keep hands free – can reduce risks significantly when combined with the right equipment.

**Freezing rain is deceptive.** When it hits the ground, it's a hazard that can hide in plain sight and creates danger faster than most expect.

By layering three defenses – advance treatment, active storm management and employee readiness – you can drastically cut the chances of slip-and-fall incidents while keeping your operations moving.

*SHARE Source: NSC Workplace Solutions by Bill Coyne, vice president of sales, [Winter Walking](#), Horsham, PA.*

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# Weekly Safety Share



# Science Underestimated the Dangers of Sleep Deprivation

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## A Health & Well-Being Moment

**DaveV Note:** This is not a new article, but it was in an email newsletter I received on 11/1 from **Study Finds**. Since I cannot recall having seen it before coupled with the concern that this is really important for people to know is why this is being shared.

### Study: Science underestimated the dangers of sleep deprivation



*It can be tempting to try and cut back on sleep.*

*After all, think of all the extra tasks we could all accomplish if we weren't snoozing all night!*

*Of course, sleep isn't something one can choose to just stop doing, it's not exercise or meditation.*

*Sleep is an absolute necessity for our bodies, and without it we would all break down physically and mentally.*

**The Sleep and Learning Lab at Michigan State University** is really driving home this fact with their latest study. According to their findings, **sleep deprivation is even more detrimental to our bodies and ability to complete tasks than previously thought.**

This is among one of the largest studies ever on sleep [deprivation](#), and one of the first to research how it impacts what researchers call "placekeeping," the ability to **complete** a task without losing one's place, in spite of potential interruptions.

"Our research showed that **sleep deprivation doubles the odds of making placekeeping errors and triples the number of lapses in attention**, which is startling," co-author and MSU doctoral candidate Michelle Stepan says in a media [release](#).

**"Sleep-deprived individuals need to exercise caution in absolutely everything that they do**, and simply can't trust that they won't make costly errors. Oftentimes – like when behind the wheel of a car – these errors can have tragic consequences."

"Our findings debunk a common theory that suggests that attention is the only cognitive function affected by sleep deprivation," Stepan explains. "Some sleep-deprived people might be able to hold it together under routine tasks, like a doctor taking a patient's vitals. But our results suggest that **completing an activity that requires following multiple steps**, such as a doctor completing a medical procedure, **is much riskier under conditions of sleep deprivation.**"

A total of 138 people were recruited to take part in an overnight sleep assessment; 77 stayed awake all night and 61 [slept at home normally](#). Before going to sleep, each participant completed two cognitive tasks in the evening. One task measured reaction time, while the other measured the ability to stay focused on a task, even in the face of interruptions. Then, each person completed the same two tasks the following morning after either sleeping normally or staying up all night.

**Researchers found that participants from both groups had a 15% error rate in evening tasks, but that rate nearly doubled (up to 30%) among the sleep-deprived cohort in the morning.**

The rested participants scored about the same in the morning as they did the night before.

While the study's authors admit that many people can complete tasks on "auto-pilot" even while sleep-deprived, lack of adequate sleep [still causes deficits](#) in all facets of everyday life, and those negative effects may be more profound than previously thought.

**Study Finds** articles by Ben Renner Nov 26, 2019 Updated May 16, 2022

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