

Look out for each other this winter



Keep each other safe

Winter safety advice can often tell us things that we already know. For example, we all know that pavements and roads become slippery in cold and wet weather, and we should take extra care. Even though we know this, more accidents happen in the winter months because many of us forget the risks we take when we're in a rush.

We need to look out for each other and highlight dangers to make sure that we all get home safely every day.

Our actions affect others

Whenever there's an accident, however small, it affects you, the people around you, your colleagues, and even your family. So when you act in a safe way it ensures that everyone connected to you is safe too.

Something to think about:

By challenging your colleagues' unsafe behaviour, you're looking out for them and, in turn, the people they care about.



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Winter driving

- Drive safely.
- Look after your vehicle.
- Be aware of the sun's glare.

Slips, trips and falls

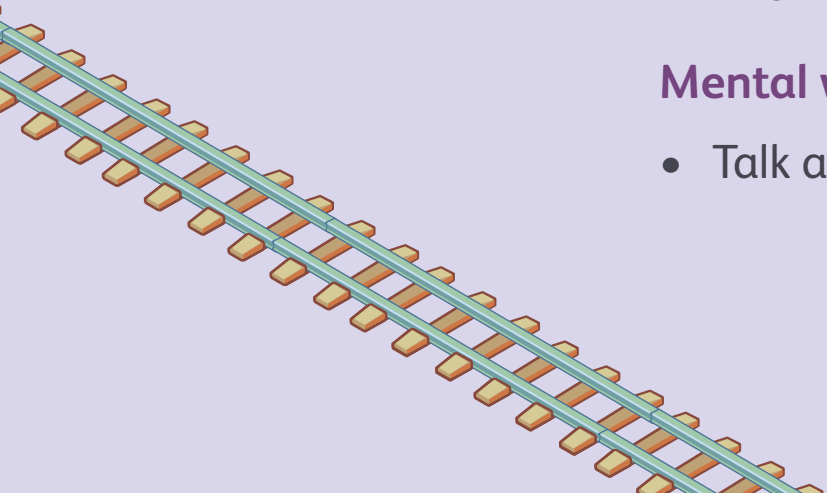
- Avoid slips, trips and falls.

Drugs and alcohol

- Know the limits.

Mental wellbeing

- Talk about mental wellbeing.



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It's easy to forget the risks we take whilst driving, especially if you're in a rush to get to your destination. It's just not worth it, especially when winter weather increases the dangers to you, your passengers, other drivers, and pedestrians.

Safety tips

Driving safely in winter can be as simple as sticking with the basics:

Did you know?

Stopping distances increase by up to 10 times in the snow and ice.*



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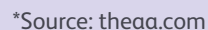
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- **Drive and brake to suit the weather conditions.**



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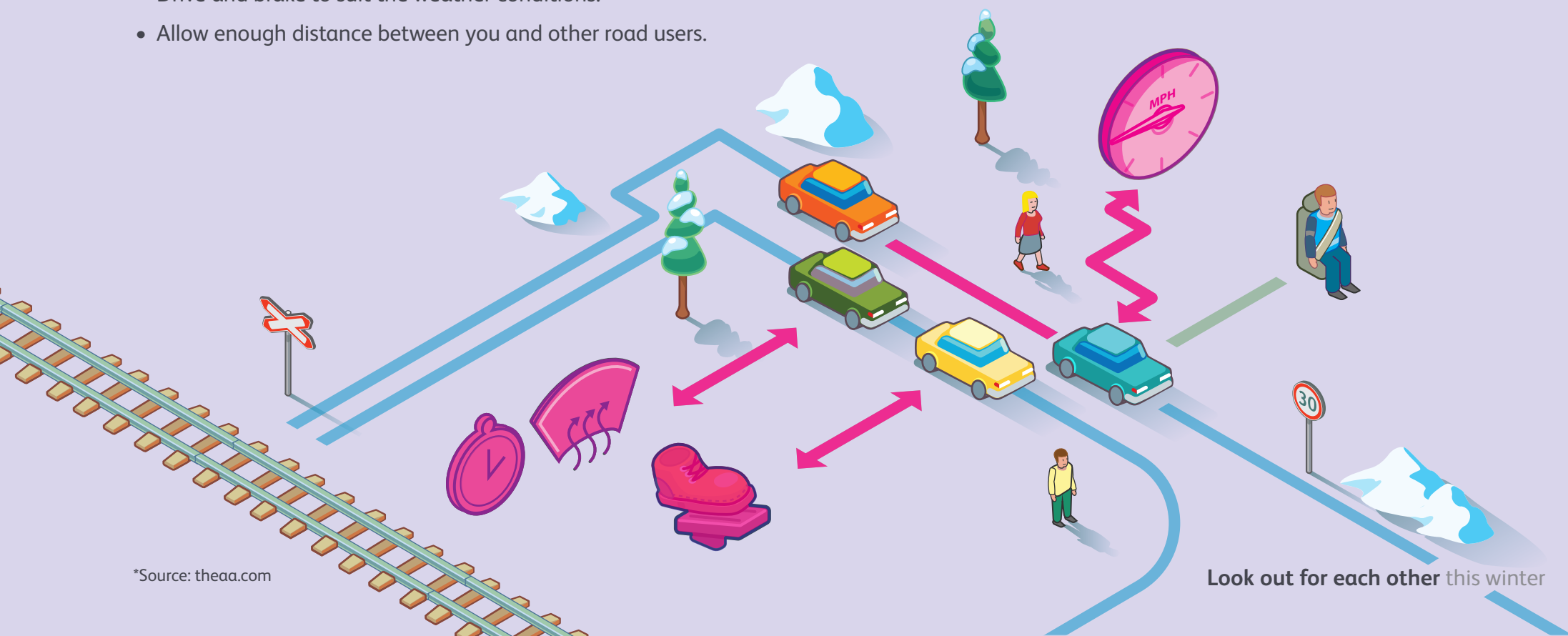
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It's easy to think that because your vehicle has been running fine up until now, that nothing needs doing to it before winter sets in. Although, something as small as low tyre pressure can have a huge impact on your ability to stop in an emergency. So, always be prepared.

Safety tips

Make sure your vehicle is ready for winter by carrying out these simple checks:

Did you know?

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Be aware of the sun's glare

The low winter sun can dazzle even the most confident and experienced drivers. The glare can easily impair your vision and cause you to miss signs and lights, or pedestrians crossing the road. If you can't see very well, chances are that other road users can't either.

Safety tips

To help avoid the dangers of low winter sun:

Did you know?

Sun glare has contributed to an average of 28 road deaths per year in the UK since 2010. This includes pedestrians.*



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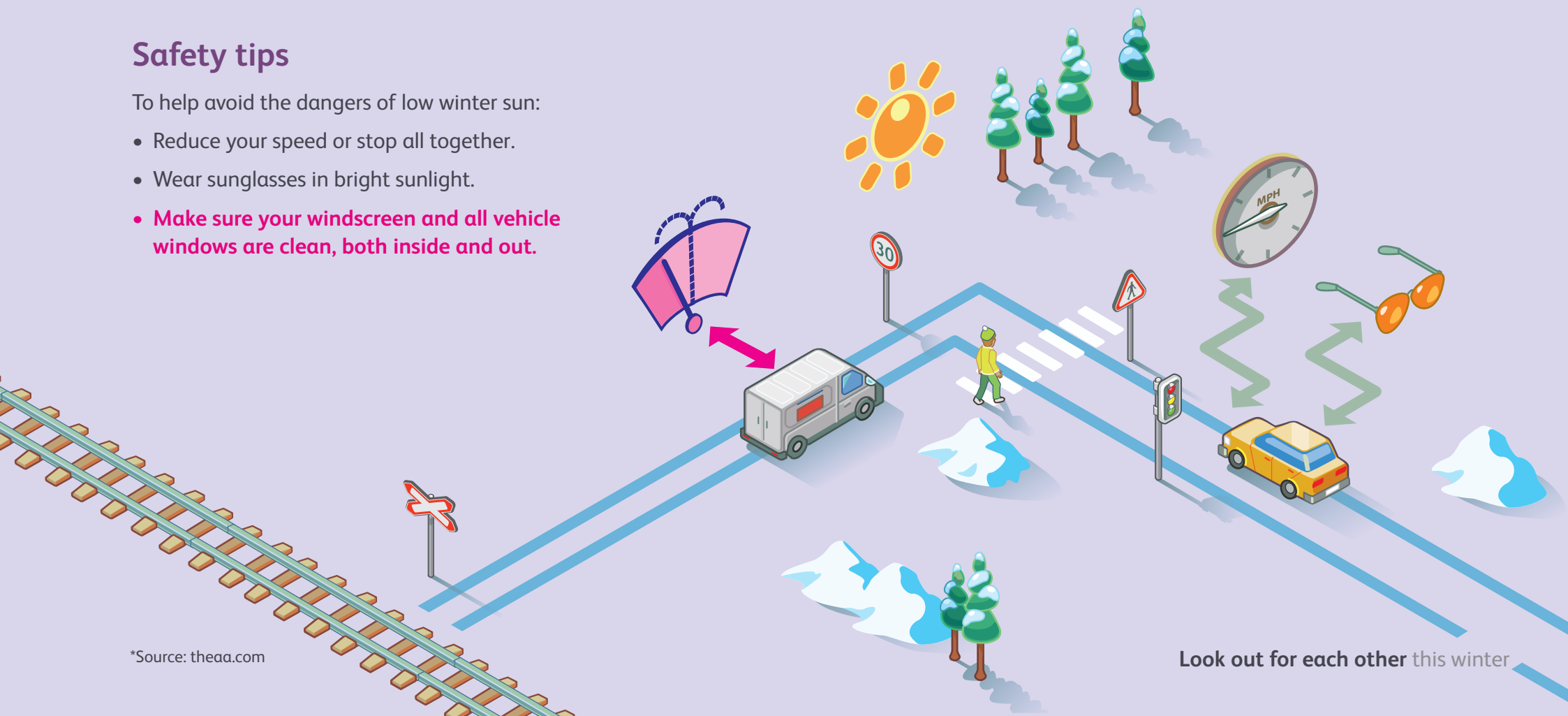
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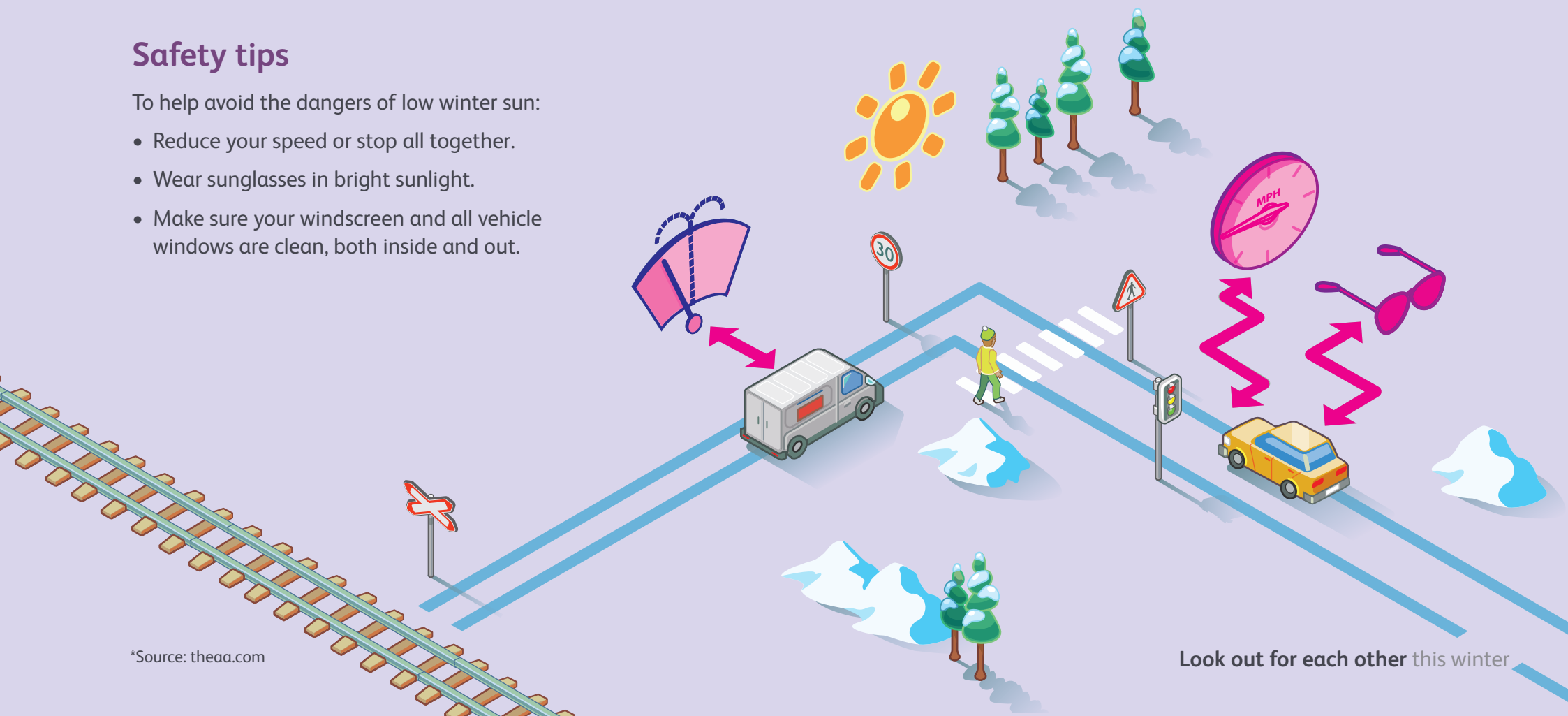
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Avoid slips, trips and falls

When you know your environment so well, it's easy to overlook the subtle dangers that winter brings. At this time of year, wet or icy surfaces and less daylight can cause accidents that not only affect you.

Safety tips

To help reduce the risk of a slip, trip or fall:

Did you know?

In 2013 in the UK, slips, trips and falls contributed to 40 deaths, over 15,000 major injuries to workers, as well as over 30,000 workers having to take more than 3 days off work.*



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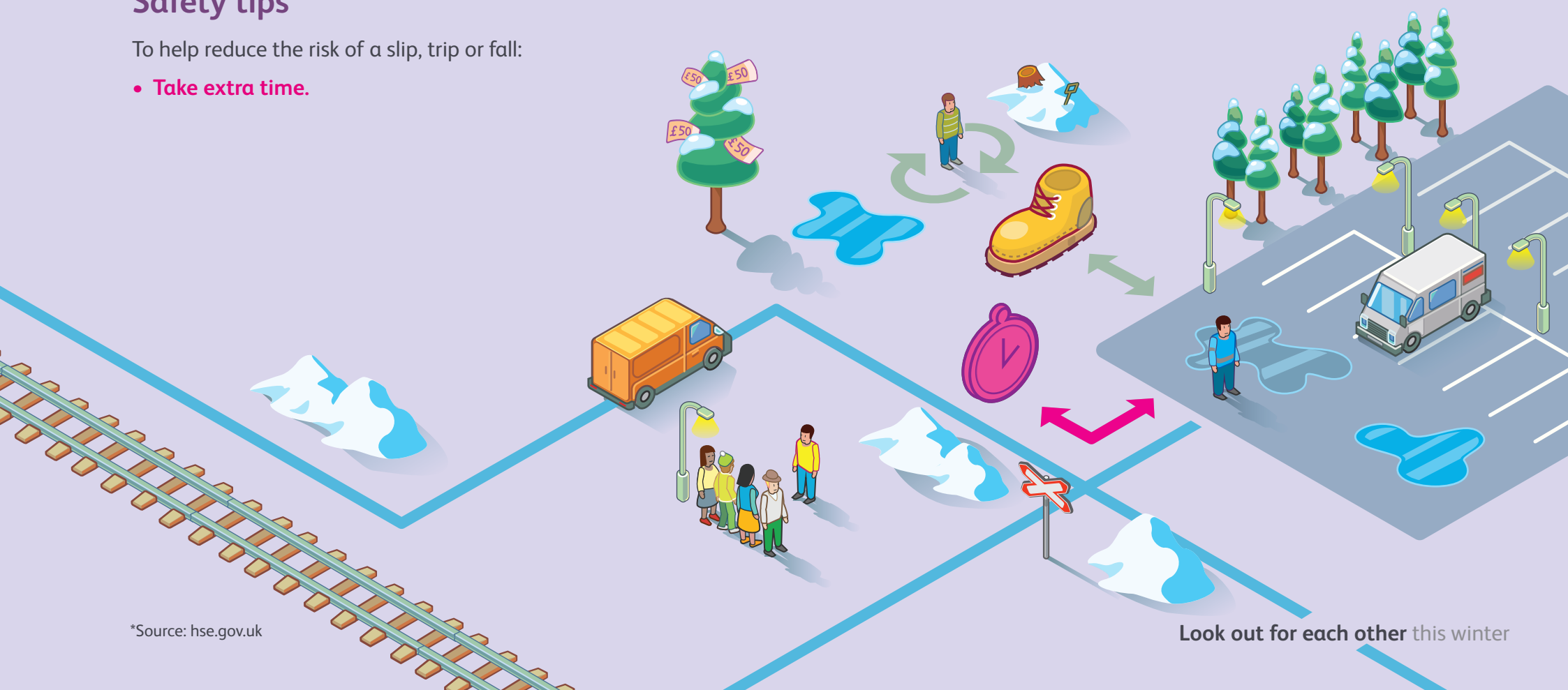
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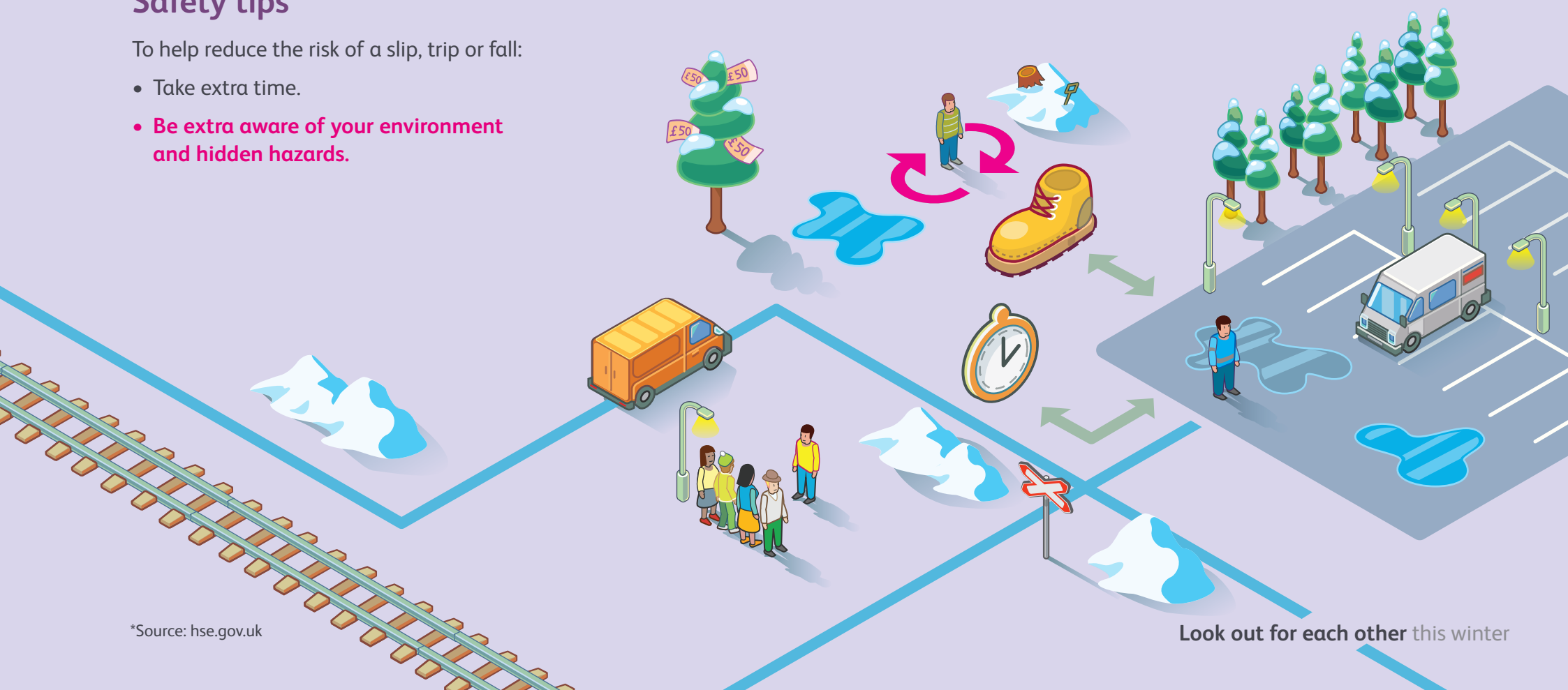
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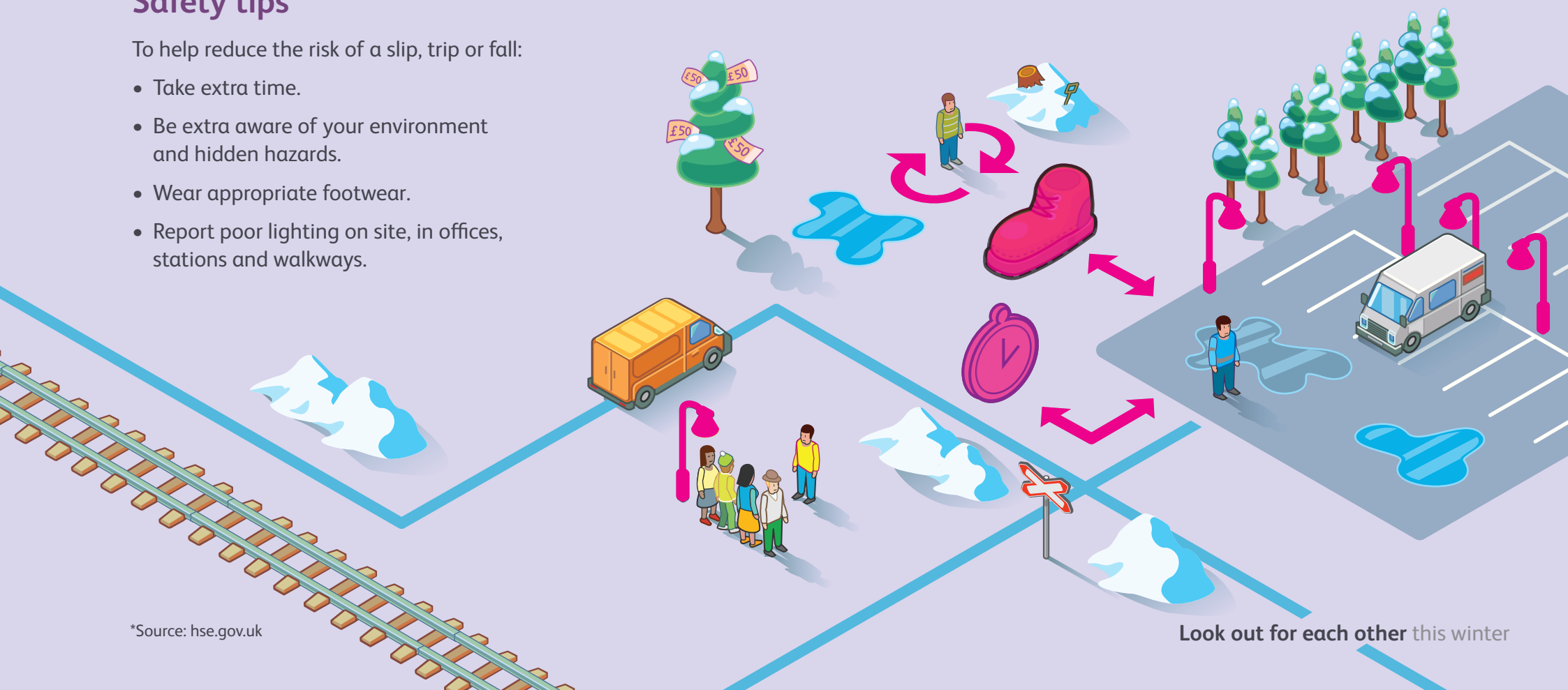
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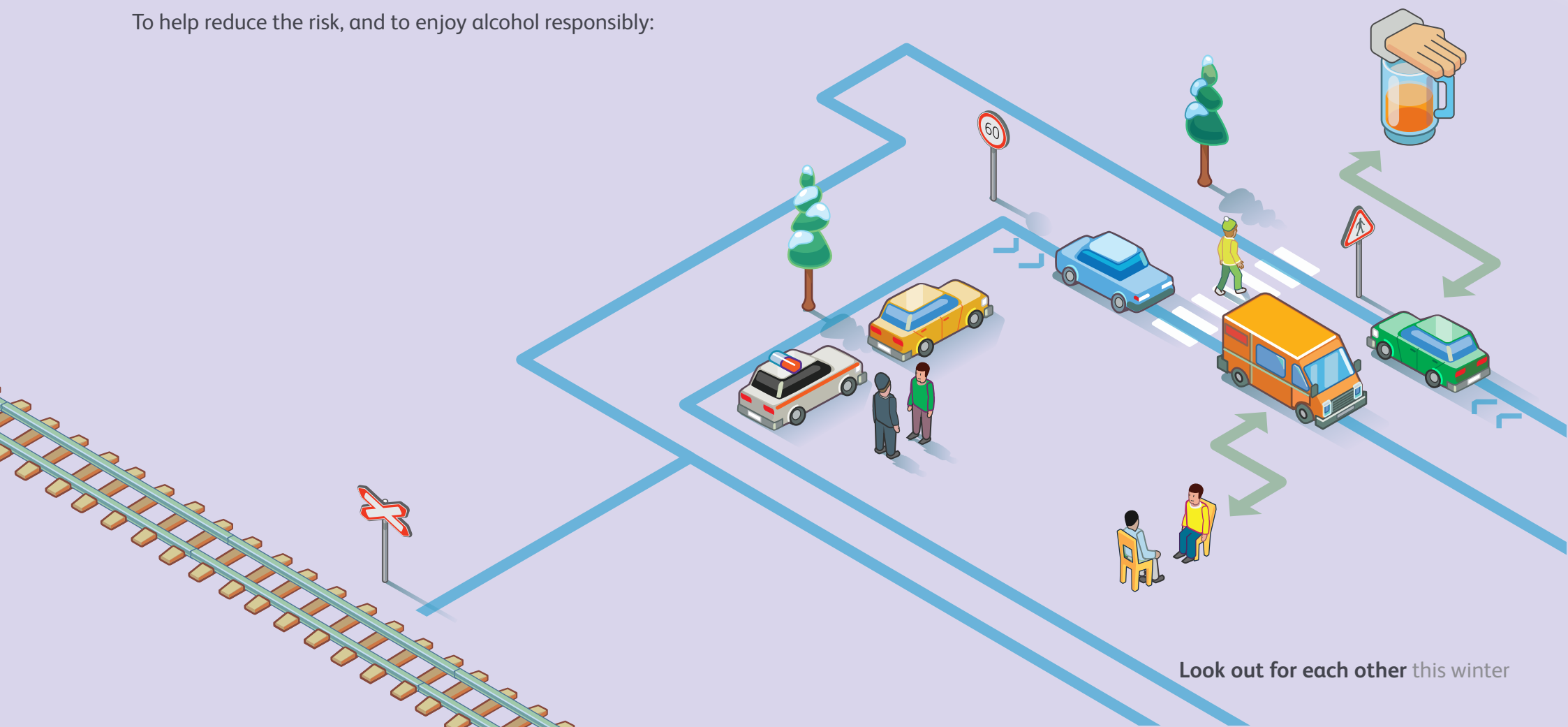
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To help reduce the risk, and to enjoy alcohol responsibly:

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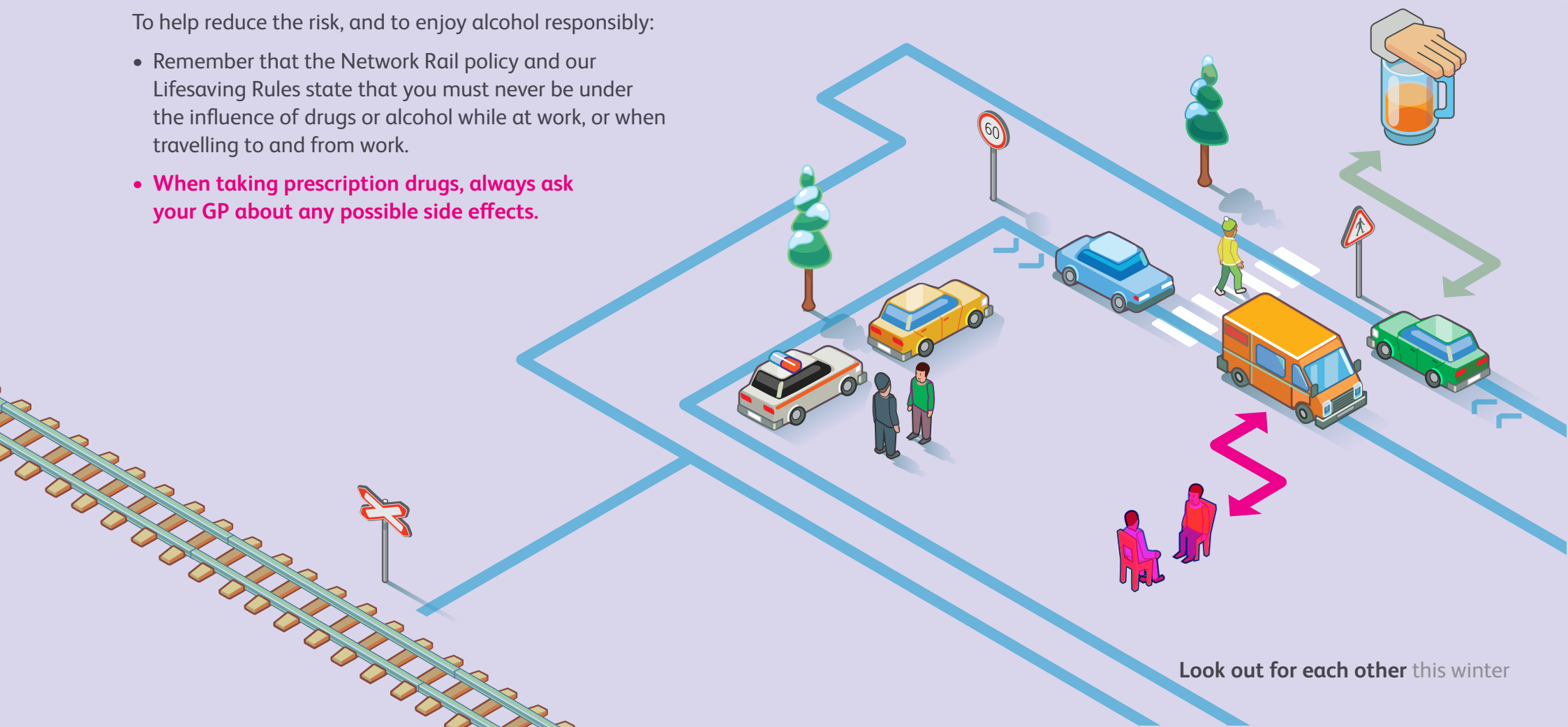
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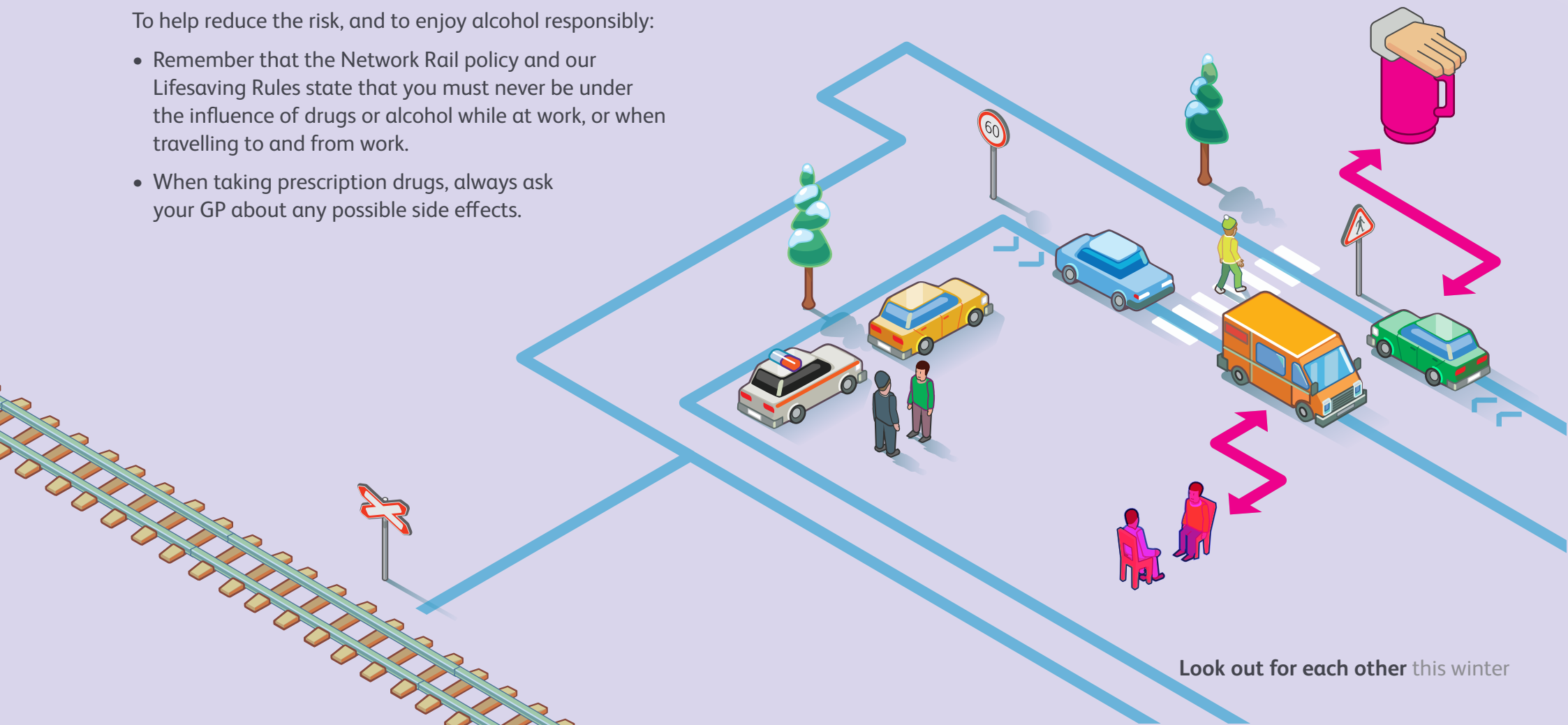
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Talk about mental wellbeing

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It is important that we are all aware of each other's moods and behaviour. The earlier you talk about how you are feeling, and access the right support, it can help you to remain safe and healthy at work.

Wellbeing tips

To help maintain mental health and wellbeing in the workplace:

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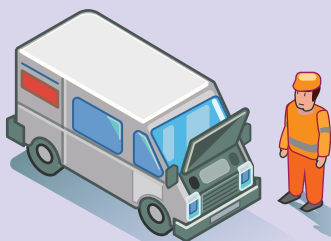
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