

## Winter Walking

As summer fades into fall; fall will fade into winter. This is coming faster than we think, and we need to make sure we are prepared. Slip, trips and falls are our biggest industrial accidents, and 90% of those happen while we are in the field delivering mail. Michigan winters are known to be challenging in our line of work, so we need to do our part to be safe this winter.

If you haven't already done so, make sure you have the right gear for walking this winter season. This will include boots, hats, jackets, gloves and cleats. Management is responsible for providing us with cleats. Check with them to make sure that a cleat order went in so by the time the ice and snow falls, we will have them.

Don't forget the hat. We lose most of our body heat through our head, so it's important to wear a hat to keep that heat in.

Dress in layers! You will want at least three layers.

1. Base layer (underwear layer); wicks sweat off your skin
2. Middle layer (insulating layer); retains body heat
3. Outer layer (shell layer); shields you from wind and rain

Even if you don't wear all three layers at the outset, it's a good idea to take them with you to the field. You can peel off layers if things heat up, but you can't put on layers that you didn't bring along.

We spend the majority of our day in the elements; dress accordingly and stay safe.

-- Michele Szafran

*District Safety Committee Member*