

WINTER STORM SAFETY

Walking - Surfaces are slippery. Snow cover hides uneven surfaces. Take your time and wear proper footwear. Snow may cover designated walkways and/or third rail. Take special care walking in heavy snow. When working on the Right of Way, remember to always walk on ballast, not on railroad ties. Ties may be slippery due to snow, water, and/or oil and grease.

Downed Electric Power Lines - Snow, ice and high winds can bring down electric power lines. Be very careful to observe conditions around you. If wires or trees appear to be down, stay away and contact your Supervisor. Always assume that the power is on and a hazard exists.

Limited Visibility - Slow down. Snow impedes your visibility. Be aware that others will have difficulty seeing you as well. Wear reflective, high visibility safety apparel as your outer layer, such as a safety vest or your LIRR high visibility parka.

Diminished Hearing - Snow muffles sound and makes approaching on-rail equipment more difficult to hear. Remain vigilant, always looking in both directions when on/about the tracks.

Cold Temperatures & Wind Chill - All workers should dress for the weather. When going outside:

- cover exposed skin
- dress in layers
- wear appropriate footwear
- wear hi-visibility reflective clothing on the outer layer (e.g. safety vest, orange parka)
- remember proper technique when shoveling snow ... stretch and warm-up first, bend at the knees to protect your lower back, etc.
- take frequent breaks in a warm location and stay hydrated

Winter Driving - Be extra careful when driving in snow and storm conditions. The following tips will help you keep safe while driving:

- slow down
- plan for longer braking distances
- clear windows and mirrors of snow, ice and frost
- stay on major routes and highways when possible
- test brakes when at a slow speed and in a safe location to determine road conditions
- when driving is necessary, plan plenty of extra time to arrive at your destination as some roads may be impassable

On-Track Issues - Ensure switches are fully aligned for train movement before moving equipment:

- always ensure switch points are free and clear of any debris before throwing switches or rolling equipment over them as snow blowing operations may blow debris into switch points
- clear ice and snow before throwing switches as ice/snow can get packed in frogs or switch points

For additional information, refer to the MTA Long Island Rail Road Corporate Safety Rules for Employees, especially pages 34-40 pertaining to Seasonal Precautions - 700.1 Winter (Cold Weather) Safety. Always remain aware of conditions around you and look out for your co-worker's safety as well.

THINK SAFETY | **ACT SAFELY**
Working towards an accident-free workplace.

