

# SNOW SPORTS INJURY REDUCTION (SNOWSCHOOL)

Instructor Guide

## Safety Talk Overview:

**What & Why?** Safety Talks are a method to refresh an employee’s knowledge and skills, maintain their interest in safety and illustrate the organization’s commitment to creating a healthy & safe work environment.

**Who & When?** Generally, these Safety Talk meetings are led by a supervisor, member of the JHSC, or Worker H&S Representative and should be mandatory for all crew members to attend. The content should be focused on a single topic. Safety Talks can be performed on a weekly basis or before the start of a new scope of work and should be about 15 minutes in duration.

go2HR developed this safety talk template for employers to customize and use for any topic in their organization. The Participant Handout should include information that you hope the worker will retain from the safety talk content and should be handed out during the safety talk for workers to reference later. Feel free to use it at your discretion.

**Injury Reduction Overview:**

Although skiing and riding injuries may be thought of as an inherent risk of the job, these injuries can be reduced in number and severity and in many cases be eliminated by taking time to warm up before jumping into regular work activities, ensuring you are fit for work, and your equipment is in good condition. By knowing the risk factors, common injuries and implementing safety tips, you can mitigate skiing and riding injuries.

**Safety Talk Outline (using the handout attached):**

- Injury Reduction Overview

- Examples of Risk Factors

- Common Incidents & Injuries

- Ways to Prevent Incidents & Injuries

- Discussion Questions

**Additional Resources:**

- Your ski hill’s policies and procedures

- [Poster: Before you hit the slopes](https://www.go2hr.ca/explore-all-resources/health-safety/ski-area-poster-before-you-hit-the-slopes-snow-sports-injury-reduction)

## Topic Overview:

## 

## Safety Talk Facilitator Guidance

🞏 **Introduce** the topic and why it’s important

🞏 **Discuss** the associated hazards and likely incidents

🞏 **Tour** the work zone identifying hazardous areas

🞏 **Distribute** the Participant Handout

🞏 **Use** the info above to guide the discussion

🞏 **Document** the talk using the Safety Talk Record

🞏 **Explain** what controls are used to minimize the risks

🞏 **Remind** employees about applicable PPE usage

🞏 **Emphasize** the importance of safe work procedures

🞏 **Ask questions** to generate group discussion

🞏 **Answer any questions** or concerns they might have

🞏 **Set a good example** by working safely at all time

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Safety Talk Record

|  |  |
| --- | --- |
| **Discussion Leader:** | **Date:** |
| **Department:** | Time: |

### Attendees (Please print your name and sign beside it. If you are a contractor, also include your company name):

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### Near miss/incidents and investigations reviewed: ☐ None this month

### Any questions or concerns from workers?

|  |  |  |  |
| --- | --- | --- | --- |
| **Action needed:** | **Person responsible:** | **Due date:** | **Completed date:** |
|  |  |  |  |
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| --- | --- |
| **Supervisor/Manager print name & sign:** | **Date:** |

### Reviewed by:

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**Injury Reduction Overview:**

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**Examples of Risk Factors:**

- Collisions with other skiers/snowboarders

- Fatigue and working long hours of physical labour

- Loading and unloading chairlifts, t-bars, conveyors

- Riding on unsafe, untested ski/snowboard gear

- Skiing in poor lighting conditions (early morning, late evening, non-lit runs during night operation)

**Common Incidents and Injuries:**

- Getting hit by another skier/rider while skiing/riding, teaching a lesson, or stopping in a blind spot

- Overexertion of the body when assisting fallen lesson participants, or loading/unloading chairlifts

- Falling while skiing/snowboarding during poor snow conditions or bad visibility, or due to the use of unsafe, untested, or inadequate ski/snowboard gear

**Ways to Prevent Incidents and Injuries:**

- Keep your distance and ski defensively when in and around other skiers/snowboarders

- Take breaks throughout the day, fuel your body appropriately for the long work day

- Ensure you know how to safely use chairlifts, t-bars, conveyors and other equipment

- Get your ski/snowboard gear tested frequently, ensure it’s in good condition through ski maintenance (wax and tune)

- When stopping with a group ensure each person stops beyond & below the person in front of them

- Do not stop in blind spots. Always have room to move out of the way of a student who may lose control.

- Teach students how to get up on their own as much as possible. Adult lesson participants should not be lifted.

- Use caution when skiing backwards to observe a class.

- Set yourself and your students up for success by starting SLOW.

- Ensure the terrain is suited to you, your class, the snow and weather conditions, and the progression that you are expected to teach. Gauge the ability and comfort level of your students before proceeding down any run.

- Do not ski with kids between your legs.

**Discussion**

- Can you identify other examples of risk factors at your hill?

- Are there hazardous spots around the hill where collisions commonly occur that everyone should watch out for?

- What are ways we can collectively reduce fatigue and break up the physical demanding work?

- What questions should we ask ourselves daily to determine if we are ‘fit for work’?

**Additional Resources:**

- [Poster: Before you hit the slopes](https://www.go2hr.ca/explore-all-resources/health-safety/ski-area-poster-before-you-hit-the-slopes-snow-sports-injury-reduction), [Video: Snowsports Injury Reduction](https://www.youtube.com/watch?v=AH90Yi_u_lg)

Participant Handout

### For more information on this topic or if you have questions, contact: