



Tips to Prevent Winter-Related Slips, Trips and Falls

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

The N3L3 philosophy:

our approach to protecting workers from fatal and life-changing events.

Eastern Alliance is here to help. To learn more about Eastern's N3L3 program and access other safety resources, sign in and visit the Safety Tools on www.easternalliance.com, or contact your Risk Management Consultant for assistance

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Remember these tips to help avoid slips/trips/falls when the weather is snowy, icy or wet.

- Put safety before fashion by wearing shoes or boots with slip resistant soles and carry your work shoes with you.
- Remove as much snow from your shoes as possible before entering buildings.
- Watch for wet floors. If you encounter a wet surface, shorten your stride, point your feet out, and don't cut corners, so you can make wider turns.
- Walk! Don't run.
- Walk with your arms by your sides for balance.
- Bending your knees a little and taking slower steps can greatly reduce your chances of falling.
- Watch where you are walking.
- Use handrails on stairs.
- Understand that long, loose pant cuffs present a tripping hazard.
- Use designated sidewalks and walkways.
- Survey the area around your vehicle for icy or wet patches prior to exiting your vehicle.
- If walkways are impassable and you have to walk in the street, walk against traffic and as close to the curb as possible.
- Remember-streets and walkways may be slippery. Don't carry heavy packages that may impair your sight and balance.
- Pay extra attention walking from surface to surface.



To reduce your chance of injury from a fall — fall the "right" way.

Relax: Try not to stiffen and tense your muscles.

Absorb: Let your arms and legs give like a spring to absorb the impact of the fall.

Roll: Move with the direction of the fall to minimize injury.