

PREVENTION OF WINTER RELATED SLIPS, TRIPS AND FALLS

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.