



Winter Slip and Fall Safety Tips



The winter months present a unique set of safety hazards in the form of snow and ice, resulting in an increased opportunity for slips and falls. Protecting yourself against slips, trips and falls is particularly important during the winter months when many exterior walking surfaces may be wet and/or slippery.

Tips for Navigating Ice

No matter how well the snow and ice is removed from streets and sidewalks, there is always the potential for encountering an icy surface. You should always avoid walking on ice and attempt to take alternate routes, however in the instance that you have no choice but to walk on ice, consider the following:

- Take short steps or shuffle for stability.
- Bend slightly; walk flat-footed with your center of gravity directly over the feet as much as possible.
- Be prepared to fall.
- If you fall, fall with sequential contacts at your *thigh, hip, and shoulder to avoid using your arms to protect against breakage.*
- Bend your back and head forward so you won't slam your head on the pavement as your feet shoot out from under you.



Maintain Safe Conditions Indoors

When entering buildings, remove snow and water from footwear to prevent creating wet slippery conditions indoors.

- Use floor mats to remove moisture from the soles of your shoes upon entering a building.
- Don't allow rain that has collected on your umbrella to be deposited on indoor walking surfaces.

BE PROACTIVE – PREVENT ACCIDENTS

- Wear shoes that are appropriate for the weather conditions... shoes or boots with non-slip soles are preferable to dress shoes in snowy/ icy conditions.
- Take precautions against losing your balance - take small steps, keeping your center of balance under you.
- Always walk – never run - on icy ground.
- Walk with your hands free rather than in your pockets – they will help you maintain balance and be available to help break your fall if you should slip.
- Always use handrails when climbing or descending stairs.
- Avoid carrying loads on stairways; if you must carry an object, make sure that you can see over it.
- Keep your eyes on where you are going.
- Test potentially slick areas by tapping your foot on them.
- Always step from vehicles or equipment – don't jump.
- Keep walkways clear of debris, water, ice and slippery materials.

