

## WINTER SLIPS, TRIPS AND FALLS SAFETY TIPS

### Prevention

- Wear proper foot gear
- Take smaller steps when walking
- Walk slowly and never run on icy ground
- Keep both hands free for balance rather than in your pockets
- Use handrails from start to finish
- Avoid carrying loads
- Keep your eyes on where you are going
- Test potentially slick areas by tapping your foot on them
- Step-don't jump from vehicles or equipment
- Keep walkways clear of debris, water, ice and slippery materials

### Safe Winter Walking

- Plan ahead; give yourself sufficient time and plan your route
- Wear shoes that provide traction on snow or ice: rubber and neoprene composite. Avoid plastic or leather soles. Use traction cleats over your shoes or boots
- Walk in designated walkways as much as possible
- If a walkway is completely covered with ice; try to travel along its grassy edge for traction

### When given 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
- Roll with the fall. Try to twist and roll backwards, rather than falling forward
- Relax as much as possible when you begin to fall
- Bend your back and head forward so you won't slam your head on the pavement as your feet shoot out from under you
- Toss the load you are carrying. Protect yourself instead of the objects being carried

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