

WINTER SLIPS

Winter months present additional hazards that are typically not factors for employees during warmer weather – specifically, slip and fall concerns. With snow and ice-covered conditions, you run the risk of taking major falls, which can lead to serious injuries.

Keep Safety in Mind

Education is essential in preventing winter weather-related injuries. Here are the top five things you need to know about winter slips:

1. Footwear

Wear the proper footwear that provides traction on snow and ice. Footwear should be made of anti-slip material; avoid plastic and leather-soled shoes and boots. Dry your shoes or boots on floor mats when entering a building. Avoid inclines as they may be more treacherous in winter conditions.

2. Small Steps

Take small steps to maintain your center of balance, walk slowly and never run. When possible, walk with your hands free to maintain your balance. And despite the cold temperatures, avoid putting your hands in your pockets. This will help maintain your balance and allow you to break a fall should you slip.

3. Step in the Right Areas

Try to walk only in designated areas that are safe for foot traffic. If you notice that a walkway is icy, walk on the grass next to the sidewalk, which will have more traction. Exercise caution when entering and exiting vehicles, and use the vehicle for balance and support.

4. Keep Areas Clean

Remove debris, water and ice from all working walkways. Steer clear of roof edges, floor openings and other drop-offs to avoid slipping hazards. Sand or salt surfaces covered by ice or snow to provide traction.

5. If You Fall

Twist your body and roll backward to avoid falling forward and injuring your face. Try to relax your body when you start to feel your legs give way.

Discussion

- 1. Where are some locations that get icy and could be a slip hazard?**
- 2. What can we do to make those areas safe?**
- 3. Can anyone share?**

