

SLIP/FALL PROTECTION ON ICY/SNOWY SURFACES

Following are some basic precautions to avoid a slip/fall injury this winter at home or at work. In the workplace, slips, trips, and falls are the cause of the majority of on-the-job injuries and result in 15% of all work-related fatalities, second only to motor vehicle fatalities. Take precautions – stay safe.

Keep Working and Walking Surfaces Clear of Snow and Ice

Shovel, plow, or salt working areas when possible to avoid a slip/fall.



Carefully Select Your Route of Travel

Always choose the safest route to walk, even if it means a few extra steps to avoid a steep incline or particularly slick area. Just a few inches of snow can conceal an animal burrow, or other uneven surfaces that can cause an injury



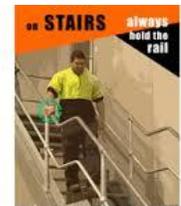
Wear Footwear with Good Traction

Supplement your footwear as needed with Yaktrax or ice cleats in icy/snowy conditions.



Use Three Points of Contact Whenever Possible

Hold onto railings, vehicles, or other stationary objects when walking on slick surfaces, particularly exposed stairways. Be particularly careful when exiting a vehicle. Several close calls were reported last year when co-workers slipped on icy parking lots while getting out of their vehicles.



Keep Hands Out of Your Pockets While Walking and Use Hiking Sticks on Slopes

Keeping hands out of pockets can help you catch yourself if you slip. Also, consider using trekking poles as an additional support on slick surfaces, particularly on slopes where uneven ground may be present.



Walk Like a Penguin

Walking like a penguin on icy surfaces (i.e., shuffling in small steps with arms out to the side) helps to minimize the chances of a slip/fall injury.



Clean off snowy footwear when entering a building

Upon entering a building with concrete or tile flooring, stay on walkway mats, when possible, and thoroughly clean off or remove snow-covered footwear that may be slick when walking on smooth surfaces.

