



ISCC SAFETY BLAST

CONTROLLING WINTER SLIPS, TRIPS AND FALLS

Here are a few common-sense safety tips for walking safely during the winter months:

PREVENTION TIPS:

- Wear winter footwear. Shoes/ boots that provide traction on snow and ice (Rubber and neoprene composite); avoid leather and plastic soles! This includes when walking to and from your car. If you wear dress shoes during the workday, you should wear winter footwear from your car to the building and change into the dress shoes once you get to your workstation.
- Take smaller steps when walking outdoors.
- Walk slowly and **never run** on icy ground.
- Keep both hands free - avoid putting your hands in your pockets. Keeping your hands free can help you keep your balance.
- Avoid carrying loads

LOOK WHERE YOU ARE GOING:

- Test potentially slick areas by tapping your foot on them. If you determine that the area is too slick, or you are just not sure, you should find an alternative path.
- Step out or down from vehicles, testing the area with your foot. **Never jump down!**
- Try to keep your own walkways clear and treated with appropriate ice-melt products; reapply on an as-needed basis for safety

PLAN AHEAD:

- Give yourself plenty of time and plan your route
- Walk in designated walkways as much as possible
- If a walkway is completely covered in ice, try to walk along the grassy edge for traction



- Be proactive and take along/wear a pair of Trex or Yaktrax ice walkers

WHEN THERE IS NO CHOICE BUT TO WALK ON AN ICEY SURFACE, HERE ARE A FEW ITEMS TO CONSIDER:

- Take short steps or shuffle your feet for stability
- Bend slightly, walk flat footed (**think “penguin” steps**)
- Be prepared to fall. If you start to fall, relax as much as you can, and roll with the fall. Try to avoid using your arms/hands (think broken wrists!)
- Try to twist and roll backwards to avoid falling face first. You want to avoid slamming your head on the pavement
- If you are carrying something -Toss it! Protect yourself instead of the object
- When you reach a stairway, **ALWAYS** hold the handrail for the entire length. This will help you to keep from slipping on water/ snow/ice that may have accumulated on the stairs.
- Remove as much snow and water from your own footwear to prevent tracking wet, slippery debris indoors
- When entrance mats become saturated and dirty with accumulated debris, change them out. Using mats that are at least 12 feet in length will help remove 85% of water and snow that is tracked in to the facility

If you have any questions, please feel free to contact one of our loss control

Chuck Knowles, Loss Control Consultant

Email: