



November - Prevention of winter-related slips, trips & falls

Falls are one of the leading causes of unintentional injuries in the United States, accounting for approximately 8.9 million visits to the emergency room each year.

Remember these tips to help avoid slips/trips/falls when the weather is snowy, icy or wet.

- Put safety before fashion by wearing shoes or boots with slip resistant soles and carry your work shoes with you.
- Remove as much snow as possible before entering buildings.
- Watch for wet floors. If you encounter a wet surface, shorten your stride, point your feet out, and don't cut corners, so you can make wider turns.
- Walk! Don't run.
- Walk with your arms by your sides for balance.
- Bending your knees a little and taking slower steps can greatly reduce your chances of falling.
- Watch where you are walking.
- Use handrails on stairs.
- Long, loose pant cuffs present a tripping hazard.
- Use designated sidewalks and walkways.
- Survey the area around your vehicle for icy or wet patches prior to exiting your vehicle.
- If walkways are impassable and you have to walk in the street, walk against traffic and as close to the curb as possible.
- Remember-streets and walkways may be slippery. Don't carry heavy packages that may impair your sight and balance.
- Pay extra attention walking from surface to surface.



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