Slips, Trips & Falls – Winter Hazards

The following tips will help reduce these slips, trips and falls, if we put them into practice diligently!!

Slips

Slips are caused by weather hazards like ice or snow, and wet surfaces, or spills. Slips are more likely to occur when you hurry or run, wear the wrong kind of shoe soles, or don't pay attention to where you're walking. They can also occur when we are carrying to much "stuff" at one time on a slippery surface.

You can help avoid slips by following these safety precautions:

- Avoid parking vehicles on ice and mud, if possible.
- Clean off snow/ice/water, mud and oil from boots, ladders, foot peddles before use.
- Practice safe walking skills. Take short steps on slippery surfaces to keep your center of balance under you, and point your feet slightly outward.
- Report slippery spots on sidewalks or driveways immediately or better yet, take the initiative to spread the sand/salt on the spot yourself.
- We highly recommend the use of metal ice cleats/grippers for your outdoor footwear.
- Clean up or report spills in a building right away. Don't let grease or oil spills accumulate at your walking/working surface place.

Trips

Trips occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance. You can help avoid trips when you:

Outside

- Make sure you can see where you are walking. Don't carry loads that you cannot see over.
- Be sure to have adequate ankle support and footing in uneven terrain.
- Walk around logs or downed trees instead of over them. Take your time if you **have** to climb over them.
- Be sure snowshoes and bindings are secure and in good condition.

Inside

- Keep walking and working areas well lit, report lighting maintenance needs immediately.
- Keep the workplace clean and tidy. Store materials and supplies in the appropriate storage areas.
- Arrange your tools and equipment so they do not interfere with your work area, walkways or pedestrian traffic in your area.

Falls

To avoid falls consider the following measures:

- Don’t jump off machinery, landings or loading docks. Use the steps/stairs.
- Always three points of contact, with your hands and feet, as you move from one height surface to another.
- Repair or replace stairs or handrails that are loose or broken.
- Keep passageways and aisles clear of snow, ice and clutter and keep them well lit.
- Wear shoes with appropriate non-slip soles and ankle support.
- Keep one hand free for balancing yourself.