SLIPS, TRIPS, & FALLS...OH NO!

Most people have seen someone take a nasty spill on slippery winter ground. You may have even been a victim yourself. Whether it's black ice, fresh snow, or packed snow, the possibilities of winding up on your rear more than your feet this winter seems endless. No matter how well the snow and ice is removed from parking lots, sidewalks, steps, and entrance areas, you will still encounter some slippery surfaces when walking outside in the winter.

No matter what your job title is, slips, trips, and falls can happen to anyone at any time. So, follow these steps to help reduce your chances of falling:







- **Know your risk:** Morning commuters have the highest risk of slips, trips, and fall incidents due to snow or ice.
- **Strategic Steps:** Shorten your strides and slow down in slippery conditions. Try to walk as flat-footed as possible and "Walk like a penguin."
- **Dress for Weather:** Wear sturdy boots or shoes with good traction. Maybe use slip on ice-cleats.
- **Be Alert:** Scan your path for slippery conditions and known or unknown hazards. Be Prepared.
- **Sunglasses:** Sunglasses help combat the sun glare so you can see where you are stepping.
- **Hands-Free:** You may need your hands to grab a handrail or save your balance. Try to avoid carrying items or walking with your hands in pockets.
- **Wipe Your Feet:** Removing snow and moisture can improve your traction.
- **Heed the Warnings:** Take extra caution around areas that are known for being slippery (entrances, corners, steps, etc.).
- **Let the Light Shine:** Opt for well-lit routes. The better you can see your path, the easier it will be to identify and avoid hazards.
- **Watch Your Step:** Make sure to use a handrail if present when using stairs.
- **All in the Transition:** We aware when you transition from outside of the building to the inside. The floors may be more wet right as you enter the building.
- **Build a Bridge:** When you are getting in and out of your vehicle hold onto the door, the seatbelt, or the armrest, to ensure you have the proper support in case you lose your footing.