



SILBA SAFETY BLAST

CONTROLLING WINTER SLIPS, TRIPS AND FALLS

To walk safely in winter all you need to do is follow a few common-sense safety tips.

PREVENTION TIPS:

- Wear winter footwear - good design and nonskid soles
- Take smaller steps when walking
- Walk slowly and **never run** on icy ground
- Keep both hands free - avoid putting your hands in your pockets. Hands-free helps you keep your balance
- Avoid carrying loads

LOOK WHERE YOU ARE GOING:

- Test potentially slick areas by tapping your foot on them; go around
- 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:

- Wear shoes/boots that provide traction on snow and ice (Rubber and neoprene composite); avoid leather soles and plastic!
- 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 really 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 the entire length, to keep you from falling on accumulated water/ snow/ ice 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 Terry Buckhout, Regional Loss Control Manager, at Terry.Buckhout@meadowbrook.com.