

PREVENTING SLIPS, TRIPS, AND FALLS

CAUTION!

Slippery season has arrived.

Slips, trips, and falls are among the most common causes of workplace injuries, from cuts, bruises, and sprains to broken bones, serious back, or head injuries.

Cold and wet weather can increase risks both outdoors and indoors. A few small precautions can prevent serious injuries and keep everyone safe.



Wear appropriate shoes



Watch for wet, slippery, or uneven surfaces



Report hazards right away

- How to protect yourself if you fall:**
- » Avoid using your arms to break your fall.
 - » Tuck your chin into your chest to prevent hitting your head against the ground.

Stay alert and take these precautions to help keep yourself and others safe!

INDOORS

- » Wipe your feet when entering buildings, removing as much snow and water as possible.
- » Keep indoor mats and rugs dry and secure.
- » Clean up any spills right away. If areas remain wet, mark the area with a *Caution: Wet Floor* sign.
- » Ensure stair handrails are secure.
- » Report any dangerous areas or hazards.

OUTDOORS

- » Stay focused and watch where you are walking.
- » Wear shoes with good traction or slip-resistant soles.
- » Keep your hands free for balance and visibility. Put your cell phone away, and scan the path ahead of you.
- » Walk slowly with small steps (“penguin shuffle”). Test icy spots carefully before stepping. Choose an alternate route if the path is unsafe.
- » Use care getting in and out of vehicles.
- » Use handrails or a walking stick when needed.
- » Use sand and salt to provide traction on icy surfaces.