



## Winter Slips and Falls

Winter time means periods of ice or snowy weather. While we should all work diligently to remove ice and snow from the walkways and building entrances, you may still encounter slippery surfaces while entering or leaving the facilities. Please take note of the following tips for avoiding slips and falls during this winter season.

- Select appropriate footwear. Although there is no single shoe sole that is perfect, rubber or neoprene composite soles seem to provide the best all around traction on snow / ice.
- Think about the best route to where you are going and plan some extra time to get there. Avoid shortcuts or travel on surfaces that have not been treated.
- Although your hands may be cold, don't put them in your pockets when navigating wintery stretches. If you slip, you will need your arms to restore your balance or land safely.
- When you move around on slippery surfaces, bend slightly forward and shorten your stride or shuffle your feet, much as a penguin shuffles, you will have better stability.
- When getting out of a vehicle, be particularly careful. Hold on to the vehicle for support and avoid carrying large loads while moving about on unsure surfaces.
- Take advantage of floor mats when entering buildings and wipe your feet. They will protect you and others who follow. Indoor slips and falls typically occur during this time of year because of melting snow and debris left behind on tile floors.
- Take responsibility and immediately report slipping hazards for the safe passage of all.

For more information contact: **Bob Cannell** (614) 706-8128 or [bcannell@riskcontrol360.com](mailto:bcannell@riskcontrol360.com)