

WINTER SLIPS AND FALLS

Slips and falls are some of the most frequent types of injuries, especially during the winter months.



ASSUME SLIPPERY CONDITIONS

- In cold temperatures, approach with caution and assume that all wet, dark areas on pavements are slippery and icy.



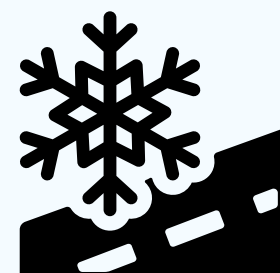
SALT STEPS AND WALKWAYS

- Spread ice melt on sidewalks and driveways.
- Kitty litter and sand can be used as alternatives to help improve walkway conditions.



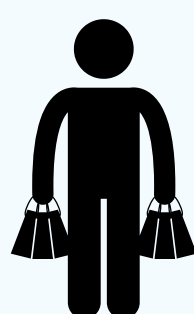
WEAR WINTER FOOTWEAR

- Proper winter footwear is crucial for fall prevention due to its impact on traction, insulation, and comfort.
- Winter boots with slip-resistant soles, deep treads, and waterproof materials provide the necessary grip and protection on icy and snowy surfaces.



BE AWARE OF SURROUNDINGS

- Be aware of your surroundings. If it looks icy or snow-covered, avoid that area where possible.
- If you must walk on ice, slow down and shorten your stride. Keep your hands out of your pockets to help with balance and use handrails when available.



AVOID CARRYING

- Where possible, don't carry things in front of you. Wear a backpack or hold items down by your sides to keep view unobstructed and to lower your center of gravity.



POINTS OF CONTACT GETTING OUT OF VEHICLE

- When exiting your vehicle, be aware of the conditions of the road under your feet.
- Use multiple points of contact to exit.
- Grip your vehicle's door frame and either the steering wheel, or grab the handle on the frame.