Slips, Trips and Falls
Safety Tips

Prevention
• Wear Proper Foot Gear
• Take smaller steps when walking
• Walk slowly and never run on icy ground
• Keep both hands free for balance rather than in your pockets
• Use handrails from start to finish
• Avoid carrying loads
• Keep your eyes on where you are going
• Test potentially slick areas by tapping your foot on them
• Step-don’t jump from vehicles or equipment
• Keep walkways clear of debris, water, ice and slippery materials

Safe Winter Walking
• Plan ahead; give yourself sufficient time and plan your route
• Wear shoes that provide traction on snow or ice: rubber and neoprene composite. Avoid plastic or leather soles
• Walk in designated walkways as much as possible
• If a walkway is completely covered with ice; try to travel along its grassy edge for traction

When given no choice but to walk on ice, consider the following:
• Take short steps or shuffle for stability
• Bend slightly, walk flat-footed with your center of gravity directly over the feet as much as possible
• Be prepared to fall
• If you fall, fall with sequential contacts at your thigh, hip and shoulder to avoid using your arms to protect against breakage
• Roll with the fall. Try to twist and roll backwards, rather than falling forward
• Relax as much as possible when you begin to fall
• Bend your back and head forward so you won’t slam your head on the pavement as your feet shoot out from under you.
• Toss the load you are carrying. Protect yourself instead of the objects being carried.

When entering buildings, remove snow and water from footwear to prevent wet slippery conditions indoors.