

Winter Slip/Fall Prevention Tips

Each year people are seriously injured from slips and falls on snow and ice. No matter how well the snow and ice is removed from parking lots and sidewalks everyone should always anticipate slippery surfaces when walking outdoors in the winter. The following tips can help prevent winter slips and falls.

- Wear proper outdoor footwear. Rubber soles are best and maintain their grip in colder temperatures. Leather/polyurethane soles become harder and more slippery when wet.
- Select winter footwear that has a wide heel, low profile and deep tread for traction. The flatter the sole the better as this gives a wider base of support with the ground. **Do not wear high heels** on snow or ice.
- Snow grabbers or winter grip aids on footwear provide excellent traction or use a winter overshoe with a pure rubber outsole.
- Select footwear that you can lace up. For the best support, a lace up ankle boot provides the best stability for your feet. Pull-ons and slip-ons allow for more movement inside the footwear therefore, less support and stability.
- Bring indoor shoes to work and change outdoor footwear once indoors.
- Take special care when entering or exiting vehicles. Test the ground in front of you before you walk on it.
- For better stability take smaller strides or shuffle keeping your weight beneath you and don't make any quick changes in direction.
- Keep both hands free for balance. Avoid carrying loads on stairs or loads you cannot see over. Use a dolly if available or ask for assistance.
- Use designated walkways that are well lit and have been cleared. Avoid shortcuts and inclined areas and use handrails if available.
- When entering buildings, remove snow/ice from footwear to prevent creating slippery conditions on hard floors indoors.
- Remember to report unsafe conditions and injuries to your supervisor.
- Give yourself plenty of time to get to where you are going. Concentrate on where you are walking and pay attention to changes in sidewalk and road conditions especially during freeze/thaw cycles.
- **If you begin to slip**, roll backwards to avoid falling forward. Relax your body as much as possible. If carrying a load throw it off to the side to free your hands to help break the fall.
- Custodial contractors will clear snow and sand entrances and main walkways. Sand/traction aid materials is provided at the entrances to district buildings to be utilized by anyone where needed.
- Contact Facility Contracting Services at 780 417-8129 to report any problem areas that need immediate attention for snow clearing and sanding.



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