

Safety Matters



Provided by: The Cincinnati Insurance Companies

Avoid Winter Slip-ups

Winter months present additional hazards that are typically not factors for employees during warmer weather – specifically, slip and fall concerns. With snow and ice-covered conditions, you run the risk of taking major falls, which can lead to serious injuries.

Prevention

Education is essential in preventing winter weather-related injuries. Consider the following recommendations to prevent slip and fall injuries during the winter months:

- Wear the proper footwear that provides traction on snow and ice. Footwear should be made of anti-slip material; avoid plastic and leather-soled shoes or boots.
 - Exercise caution when entering and exiting vehicles, and use the vehicle for balance and support.
 - Try to walk only in designated areas that are safe for foot traffic. If you notice that a walkway is covered in ice, walk on the grass next to the sidewalk, which will have more traction.
 - Avoid inclines that are typically difficult to walk up or down as they may be more treacherous in winter conditions.
 - Take small steps to maintain your center of balance, walk slowly and never run. When possible, walk with your hands free to maintain your balance. And
- despite the cold temperatures, avoid putting your hands in your pockets. This will help you better maintain your balance and allow you to break a fall should you slip.
- Use handrails, walls or anything stationary to assist in steadying your feet.
 - Look ahead to the path in front of you to avoid hazards.
 - Test a potentially slippery area before stepping on it by tapping your foot on the surface first.
 - Remove debris, water and ice from all working walkways.
 - Steer clear of roof edges, floor openings and other drop-offs to avoid slipping hazards.
 - Sand or salt surfaces covered by ice or snow to provide traction.
 - Dry your shoes or boots on floor mats when entering a building.
 - Report trip and fall hazards immediately to your supervisor.
 - Seek shelter immediately in the event of severe weather conditions.

