

Winter Slip Prevention

As you race for the door seconds before the shift begins, your foot slips in the puddle of slush melting outside the entrance. Flat on your back, you wonder how this happened. A small patch of ice on the stairs, a puddle on the floor, or snow in the work area can take you down with no warning.

Use extra caution when walking and working in winter conditions this year!

- Don't hurry when conditions are likely to be slippery. Give yourself plenty of time to get to your destination.
- Wear slip-resistant footwear, appropriate for the weather. Leather-soled shoes for men and high-heeled shoes for women are especially hazardous in winter.
- Practice good housekeeping habits. Clean up small spills immediately. Mark bigger ones with a warning sign while you prepare to manage the problem.
- Keep skid-resistant door mats near entrances to remove snow from your footwear. Check the bottom of your feet every time you enter a building and clean off the accumulated ice and snow.
- Anticipate hazards as you are walking. When you are stepping down and turning, pay close attention and slow down. If you think a surface might be slippery, take short sure steps instead of longer fluent strides.
- Make sure you can see over the top of parcels you are carrying while you walk. Always keep one hand free to use handrails on stairways.
- When getting in and out of vehicles, always keep at least one hand on the handle or grab bar so you can catch yourself if you start to slip.
- Take care when climbing ladders in cold weather. The rungs could be covered with clear ice. If you must climb a ladder, examine it carefully and proceed with caution.
- Keep pathways at work and home clear of snow and ice. If possible, turn on extra lights to illuminate the area.
- Pay particular attention when you are walking after dark. Remember that forklift and equipment operators will have a difficult time seeing you, so wear your reflective clothing.

