



Eye on Safety | Preventing Slips, Trips and Falls on Snow and Ice

The risk of falling highly increases when there is snow and ice on the ground. To help keep you safe, here are few tips to prevent slips, trips, and falls during winter weather:

- Be cautious getting in and out of your vehicle. Try to park in a cleared area and watch where you step as you get in and out.
- Plan ahead and give yourself extra time to make it to your destination.
- Avoid carrying items that prevent you from seeing the ground in front of you. Make multiple trips or ask for help so you never obstruct your sight.
- Look ahead on your path for trip hazards. Know where rocks, snow piles or clumps of salt may be and avoid stepping onto them.
- Walk slow and take small steps to help maintain your balance.
- Wear boots or shoes with slip-resistant soles.
- If you do slip, try not to use your arms to break the fall. If falling backwards, tuck your chin to your chest. This will prevent you from hitting your head.
- Use your vehicle as support or points of contact when entering and exiting. Hold on firmly and maintain your balance.
- Remove as much snow as you can from your feet when entering a building. This will help prevent you and others from slipping and falling on a wet floor.
- Use three points of contact (two hands and one foot or two feet and one hand) when entering and exiting your vehicle.

Submitted by Bobbie Joering, Safety Administrator