

## **PREVENTING WINTER SLIPS, TRIPS & FALLS**

The winter semester is in full swing now and people are rushing to classes, meetings, and lectures; increasing the risk of slipping, tripping or falling inside or outside. It is important to always be aware of your walking surfaces and be sure to wear appropriate winter footwear in poor weather conditions.

### **What Contributes to Slips and Trips**

Slips and trips result from an unintended or unexpected change in the contact between the feet and the ground or walking surface. In wintertime, the risk of falling is increased as a result of slippery conditions caused by ice and snow.

## **PROTECTING YOURSELF FROM SLIPS & FALLS**

Here are some safe walking and foot wear selection tips to help protect you from slipping or falling in the winter.

- Wear appropriate footwear for winter outdoor weather conditions.
- Be sure to wear boots that have deep treads that are suitable for walking on snow covered surfaces.



- Follow the manufacturer's instructions for proper care, boot maintenance, cleaning, and waterproofing methods.
- When buying footwear, be sure to have your feet measured and select a sole that is flexible to allow your feet to bend as you walk.
- Have both feet measured to determine your shoe size; test 2-3 shoe sizes in your size range of the same shoe for comfort and fit, and buy the most comfortable pair.

- Inspect footwear regularly for damage or wear. Be sure the soles and ankle supports are in good condition so they will provide adequate traction and support.



- Look after your footwear: keep the soles of your shoes free of stones, and other debris, as these lessen the slip resistance and qualities of the footwear.
- Wear clothing that is properly fitted to prevent a trip hazard (e.g. longer skirts or pants with trouser cuffs can get caught).

### **When Walking**

- Pay attention to your walking surfaces and *don't rush!*
- Hold onto your car door for extra support when you are exiting your vehicle.

- Take short, deliberate steps when walking on wet or slippery surfaces.
- Adjust your stride to a pace that is suitable for the walking surface and the tasks you are doing.
- Walk with your feet pointed slightly outward, and make wide turns at corners.
- Do not take shortcuts over snow banks or walk on treacherous paths.
- Walk only on clear paths outside and avoid areas that are not intended for pedestrians.
- Wipe your feet clean on floor mats upon entering the building.
- Do not carry loads that are too heavy or obstruct your view while walking.

### **Housekeeping and Maintenance**

- Report spills or unusually slippery conditions inside buildings to **Housekeeping** at ex. 2216.
- Report snow covered paths or unusually slippery conditions on the grounds to **Facilities Management** ex. 3059 or **Security** ex. 2003.

*Remember To Always...*

***Think Safe! Be Safe!***

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