Did you know that slipping, tripping and falling are leading causes of serious injuries? Sprains, strains, broken bones, concussions or worse are all potential results of a slip or fall. In many cases, we find the choice of footwear helped contribute to the fall. While slips and falls can happen in any weather, winter brings the additional challenge of snow and ice. To keep this from happening to you, EHS offers some recommendations for footwear selection to keep you upright and injury free.

Start with shoes that are appropriate to the weather. For snow and ice, this means shoes with traction soles; soles that have a heavy tread to better grip the ground such as snow boots. Dress shoes and boots with smooth soles act more like ice skates on slick surfaces. If your job requires dress shoes, carry these with you and change your shoes when you arrive safely at your office. Change your shoes again before heading out into snow and ice, whether you’re headed home for the day or to a meeting in another building.

You can also decrease your risk of falling with traction pullovers. These are designed to slip on over your shoes and provide additional grip on slick surfaces. There are different types of these pullovers, some have wire coils while others have metal studs that bite into the ice. We do not recommend a specific brand; however, consider the conditions you are most likely to encounter in your day to guide your selection. Remember, any type of traction pullover must be removed when you enter buildings. Wearing these on indoor floor surfaces, whether tile, linoleum, hardwood, etc., will actually increase your risk of falling as they are not intended to be used in this manner.

Cleat style traction pullovers may be purchased by departments for use on-the-job directly from UI Facilities Shop Stores. To order, or for additional information, please call (208) 885-7555. A variety of other types of traction pullovers are also available for purchase from other local vendors.

Facilities works hard to clear walkways as quickly as possible, but they can’t be everywhere at once. We all need to take charge of our well-being and do our share by wearing appropriate footwear, staying on cleared paths, using the sand Facilities places around campus and taking extra caution, especially in parking lots and when getting in and out of your vehicle. If you notice major problem areas on the Moscow campus, areas too large to be treated with supplied sand cans, please be proactive and take the time to ensure they are promptly reported to Facilities, 885-6246. Off-campus personnel should bring similar areas to the attention of appropriate maintenance personnel.

For additional information, contact Environmental Health & Safety, 208-885-6524.