

Tips For Preventing Slip & Fall Injuries

Fresh snow fall, packed snow, freezing rain, ice, snow-covered ice, rough frozen slush, snow stuck to your footwear and other winter conditions; we sometimes take these conditions for granted or our mind is somewhere else and that's when we are most vulnerable to slip & fall. These are some pretty serious conditions to navigate through and not being fully alert and cautious can result in some pretty serious consequences.

Here are some tips to help you get through the season standing upright and injury free.

- Be aware of surface conditions and slow down; take small steps.
- Focus on what you are doing. Walk attentively on hazardous surfaces, you may want to take smaller steps or shuffle on ice. In icy weather, it's safer to keep feet on the ground by shuffling. This is one time to leave the spring out of your step
- Choose your path carefully and avoid icy conditions whenever possible.
- Avoid sudden movements when stepping onto a hard surface. Although most stores and offices take precautions to prevent slippery areas, it's easy for a tile or concrete floor to have slippery puddles during wet weather.
- Keep your eyes on your feet. Forget what's taught in dance class--it's safest to watch your feet on uneven surfaces, especially if you're carrying articles.
- Get the snow off from the bottom of your footwear when entering buildings.
- ON campus containers of sand have been placed at some building entrances and sidewalks by Facilities Management. When you see icy or hard packed snow conditions, consider spreading some sand. You might help to prevent an accident or injury.
- Report trouble spots to building maintenance personnel on or off campus.
- Select appropriate footwear. Some materials are very slippery on snow and ice (plastic, leather, foam). You'll get superior traction with rubber soles having deep traction grips. Strap-on non-slip shoe treads are available in stores.
- Get an earlier start to your destination. It takes more time to navigate winter walkways safely so it's a good idea to leave a little earlier to get to your destination in time and injury free.
- Be extremely careful getting out of your vehicle. If possible, swing your legs around and place both feet on the pavement before you attempt to stand. Steady yourself on the door frame until you have gained your balance. Avoid reaching beyond your center of balance to take hold of the door, because this might cause a fall.
- Don't take shortcuts. Always use sidewalks and the cleared paths in parking lots. Never walk between parked cars. Be especially careful when stepping to different levels — down or up steps or from curbs (don't step on curbs). And remember, grassy slopes can be as dangerous as snowy steps.