



Winter Walking

Preventing slips and falls is a task that depends on many factors—most importantly YOU. Learn to recognize dangers, work to eliminate the hazards, and be alert to your surroundings. Report hazards immediately. Remember that falls are a leading cause of injury producing accidents. Preventing them is serious business. Do your best to avoid slips and falls. Here are some hints to help you stay safe:

- * Take short steps on wet, icy or snowy surfaces
- * Only carry objects that don't block your vision
- * Walk slowly and pay attention to the surface you are walking on
- * Look for black ice and other slippery patches
- * Wear slip-resistant shoes and boots on wet or icy surfaces
- * Wear icy grippers
- * Walk on paths clear of snow and ice - do not take shortcuts
- * Be careful not to drag water into a building. Walk on mats, wipe off shoes and/or remove boots after entering the building so you don't create an indoor hazard

