

CAUTION - Walking on ice and snow can be extremely dangerous!
Use caution and be aware of your surroundings at all times!

Employee injuries

In the United States, slip and fall accidents result in:
15% of all accidental workplace deaths
17% of all accidents resulting in disabilities
Serious injuries can result in severe head or back injuries, fractures, pulled muscles, lacerations or deep contusions.

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PREVENT THIS FROM BEING YOU!

When walking on ice or snow covered walkways -

- ❖ Prevent slips, trips and falls by planning ahead and giving yourself adequate time.
- ❖ Wipe feet on entrance mats if it is raining, snowy, icy or muddy outside. Remove as much water as possible.
- ❖ Wear proper footwear for the task assigned. Non-skid soles are best! Avoid plastic and leather soles.
- ❖ Notice that floors and stairs may be wet & slippery - walk carefully!
- ❖ Report trip hazards (including playgrounds & sidewalks).

How to Walk

- ❖ Take short steps and walk slower so you can react quickly to a change in traction. Stop occasionally may help to break momentum.
- ❖ Use hand railings and plant your feet firmly with each step.
- ❖ Bend your knees slightly to increase traction. This can greatly reduce your chances of falling!
- ❖ Lighten your Load! Use hands and arms for balance. A heavy load can change your sense of balance.
- ❖ Walk on sidewalks if at all possible. If covered with snow/ice, one option is to walk along their grassy edges for traction.
- ❖ If you must walk in the street, walk against the flow of traffic, as close to the curb as possible.
- ❖ Do not take shortcuts through areas where snow & ice have not been removed.

Appropriate Dress

- ❖ Dress warmly and wear non-skid soles.
- ❖ Wear bright colors so drivers can see you.
- ❖ Keep warm, but make sure you can hear what's going on around you.
- ❖ Do not wear items that will block your vision or make it hard for you to hear traffic.
- ❖ Sunglasses during the day help you see better to avoid hazards.

If you fall

- ❖ Be prepared. Try to avoid using your arms to break your fall.
 - ❖ If you fall backward, make a conscious effort to tuck your chin so your head doesn't hit the ground with full force.
- YOU are an important part of making your school a safe workplace!**

