

## SLIP, TRIP AND FALL GENTLE REMINDERS

**Wear the proper shoes for the season!** This one act can make the difference between a slip and fall versus a safe trip across the snow and ice covered surfaces. Employees should be wearing appropriate shoes or boots to combat the likelihood of slips and fall from snow and ice while walking outside. Once inside the building they can change into the shoes they want to wear for the rest of the workday.

**How you walk on snow and ice can make a difference in falling or not.** Think how a penguin walks! Walking on snow and ice requires you to take a different approach to your gait. See Below.

winter lessons:

### HOW TO WALK ON ICE



WRONG WAY



During normal walking, body weight is supported through the stride, including the heel strike and toe push off. Walking this way on ice is dangerous and could result in slipping and falling.

RIGHT WAY



To walk on ice: Bend slightly and spread your feet out to lower and increase your center of gravity, take small steps or shuffle, lean forward slightly, and go slowly. In short, walk like a penguin.

#### WINTER WALKING TIPS



- 1 In cold temperatures, assume all wet areas are icy
- 2 Wear footwear that provides traction
- 3 Walk in designated walkways; ice and snow may be more prevalent on unused shortcuts
- 4 Keep your hands and arms free to help with balance
- 5 Concentrate on walking, don't multi-task



**Adjust your snow management plan for each location.** One entrance to each building should be designated for snow and ice clearing. After that entrance is cleared the staff can move to the other building entrances. All your employees should be instructed to use this designated entrance until all other others have been cleared of snow & ice. This change should keep employees off walking and working surfaces that are still covered with snow & ice.

**Workers tracking in snow from the outside can lead to water build up in the corridors of your buildings.** During the winter months additional floor runners should be near the entrances to help keep the water from being tracked into the building. Employees should also be reminded to alert the housekeeping staff to any water that has been tracked into the building. Also encourage them to stand by the spot to alert other employees of the slip hazard until it is corrected.

## Plan

- Review previous year's events-worst case or fall risk areas
- Plan for non-routine events
- Maintain Snow removal contracts
- Alerts to staff-email, internet, phone tree, text
- Winter shoe reminder-footwear expectations
- Attack one entrance first at each location-remind staff to use that location first
- Remind them to not carry heavy or bulky items on the snow-wait until it is cleared to bring them in!
- Test the equipment before it is needed and verify it is ready to go!
- Surface prep supplies at the entrances as needed
- Don't forget extra floor mats to keep the floors dry!
- Dry mops and buckets ready with wet floor signs