

Winter Hazard – Slips, Trips and Falls

As winter approaches us, we have to start thinking of one of the most common accidents that happen during the winter months: people slipping and falling because of ice or snow. However, many of these kinds of incidents can be avoided by taking a few basic steps to prevent a slip and fall.

Top 10 things you should consider include:

- **When getting out of a vehicle, use special care, as the ground may be icy.**
 - Try to park your vehicle in a clear area and watch where you step as you get in or out.
- **Try not to carry any large items that may reduce your ability to see what is in front of you.**
 - If possible, use a cart or other means of transporting materials. Another common mistake is those who carry a lot of smaller packages/materials rather than asking for help or making a few trips to get the materials inside.
- **Always look at the ground in front of you for trip hazards.**
 - Look for ice patches, snow or areas that are wet/slippery.
- **The way you walk makes a difference**
 - Take your time when walking on snow or ice; focus on your steps to ensure stability.
 - Try and walk slowly and take small steps when walking.
- **Wear proper footwear when walking in snow or ice conditions**
 - A common contributor to slips and falls is the footwear people are wearing. Always wear footwear that has an excellent sole to it - something that would prevent a slip.
- **Do not rush to where you are going**
 - Always give yourself enough time to get to where you are going. It's when you start rushing that you are most likely to slip or fall. So when we have snow or ice present, add a few extra minutes to the time you need to get there.
- **If you have the misfortune of having a slip, try to avoid using your arms to break your fall.**
 - If you are falling backward, try and tuck your chin into your chest to prevent hitting your head against the ground.
- **The problem with Black Ice is that you can't see it. So always walk like it is there...small steps.**
 - If it looks slippery, stop and test the area with your foot to see. If possible, try and take another way.
- **Parking lots are the worst for icy conditions, especially when getting in and out of your vehicle. Try and use your vehicle for support when getting in or out.**
 - Test the ground conditions when getting out of your vehicle and use it for stability until you are sure it is safe to walk.
- **Don't create a new hazard when you come in with snow-covered footwear. Make sure you wipe your feet.**
 - Try and knock off as much snow as you can when entering a building, and if the inside area is getting wet and slippery from all the water and snow, let someone know so it can be made safe.



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