



“Because Safety Starts With You!”

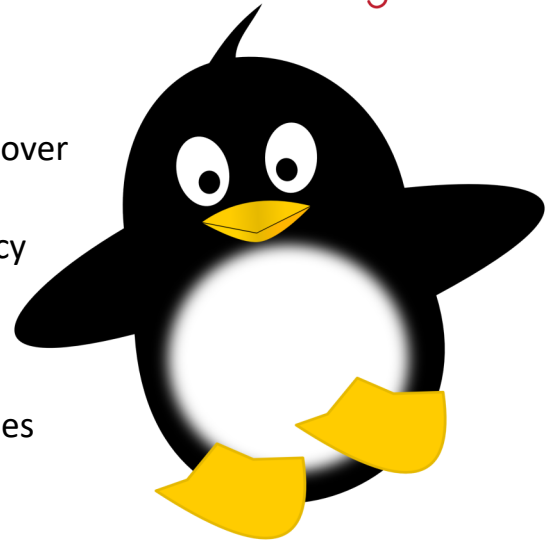
Safety Source

▶ Winter Slip, Trip, and Fall Prevention

It is that time of year again. Temperatures are dropping and soon beautiful, white snow will be covering our landscapes. As beautiful as this can be, the snow and cold temperatures can create slippery conditions that may make the parking lot, walkways, and entrances hazardous. Below are some helpful tips to help prevent a winter slip, trip, and/or fall injury.

- 1) Wear appropriate footwear. Change your shoes once you are inside to your desired footwear.
- 2) Walk slow and steady, like Freddy.
 - a. Point your toes slightly outwards
 - b. Take short steps, keep your center of gravity over your front leg.
 - c. Do not rush as this may lead to the emergency room.
- 3) Walk on cleared paths: do not take short cuts.
- 4) Watch where you step—obstructions are sometimes hidden under the snow.
- 5) Be alert of icy spots when walking.
- 6) Use caution on ramps, stairs, and curbs.
- 7) Use handrails whenever possible.
- 8) Help control ice and snow by shoveling and spreading salt and/or sand.

WALK LIKE FREDDY....



SLOW AND STEADY!

Remember, the weather is always changing, so stay alert and be prepared. Notify management of any hazardous areas that need snow and ice removal.