

## Preventing Slip Trip and Fall Injuries

Slips and falls are a leading cause of injuries among school personnel. These types of injuries and their associated costs continue to increase as a percent of total losses within our industry.

As we continue through winter, focus your attention on actions you can take to prevent these serious injuries. Read the tips below and watch the video links attached. Share the tips in the video links below with staff. Actions you can take to prevent slips and falls during wintertime:

- 1) Put on gloves before exiting the building so you can extend your arms and improve your balance instead of putting hands in pockets.
- 2) If you have to carry items, use a backpack or other carrying case that allows you to keep your hands free.
- 3) When possible, stay on designated, maintained walkways.
- 4) Wear shoes meant for use in the winter, i.e., use lug soles, avoid smooth soles.
- 5) "Walk like a Penguin". Take shorter steps and shuffle your feet to maintain better traction.
- 6) When stepping on and off curbs, step with a flat foot instead of heel first to maintain a greater surface area and better traction.
- 7) Hold on to the door or doorframe when entering your vehicle.
- 8) When exiting your vehicle, turn your body toward the door, put both feet on the ground and hold on to the steering wheel, door and or doorframe for support when getting up.
- 9) Report slippery conditions when you find them so they can be addressed.
- 10) Invest in a pair of snow and ice traction cleats. They are less than \$20 and provide excellent traction on ice and snow. Spiked types are better than coil types.  
<http://cozywinters.com/ice-cleats/ice-cleats.html>
- 11) Most importantly! Check your phone before you leave work or once you get in your vehicle. Distracted walking during wintertime is a recipe for disaster!

Resources to review:

- Safety Tips for Walking and Icy Conditions Video  
<https://www.youtube.com/watch?v=9rae0XvJq3U>
- "Walk Like A Penguin" Video  
<https://www.youtube.com/watch?v=1EMf1k4CYLU>
- Safe Winter Walking  
<https://www.youtube.com/watch?v=UzuwagOimck>
- 9 Defenses for Cold Weather Slips and Falls  
<https://www.youtube.com/watch?v=8YfwURGbJVg>
- Safe Winter Walking Techniques  
<https://www.youtube.com/watch?v=M8DQ0txMWrl>

