

Walking safely on snow, ice, and wet surfaces

Objective

Discuss ideas for preventing slips and falls during winter weather and in wet conditions.

Background: Slips and falls are more common in the winter, not just because of snow and ice, but because of rain. Frequent transitions from wet surfaces to ice can result in a significant number of injuries. Moss and wet leaves also are slipping hazards.

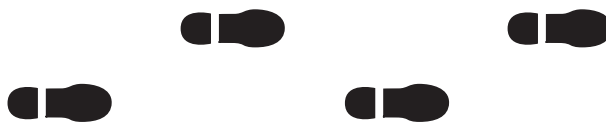
Ask: How can you reduce the risk of slips, trips, and falls on ice, snow, and wet surfaces?

Wear appropriate footwear with good traction.

- Avoid areas with snow or ice, when possible.
- Avoid wet tile floors, such as after a floor has been mopped or near entrances.
- Place slip-resistant and absorbent mats near entrances.
- Keep your main walkways clear of ice, snow, and moss.

- Slow down; hurrying increases your risk of slipping.
- Avoid carrying items that prevent you from seeing where you are going.
- Consider using shoe chains during snowy or icy conditions.
- Walk slowly, shorten your stride, and point your toes to the sides (like a penguin). (Show the image on opposite page). Adjust your ankle so your entire foot touches the ground at the same time (instead of rolling from heel to toe).
- Maintain good lighting, especially on walkways and stairs. Notify school management or the custodian about insufficient lighting.
- Clean up spills promptly and use wet floor signs to alert others.
- When using sand for traction in icy areas, clean up immediately after ice has melted.

Standard stride



Safer-shorter stride when hazards are present



Safest stride when walking on slippery surfaces

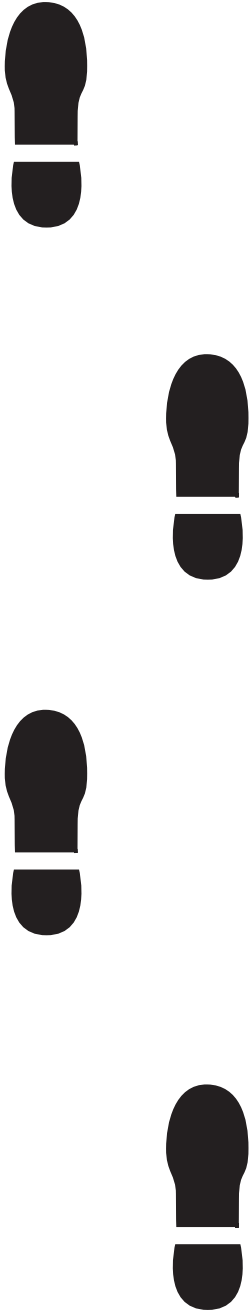


Plan ahead. If snow or ice is in the forecast, make sure you have adequate supplies on hand.

Ask: Any safety concerns or suggestions?

Standard

stride



Safer-shorter

stride when

hazards are

present



Safest stride

when walking

on slippery

surfaces

