

Delivery drivers: avoiding slips, trips, and falls during winter weather

Takeaways

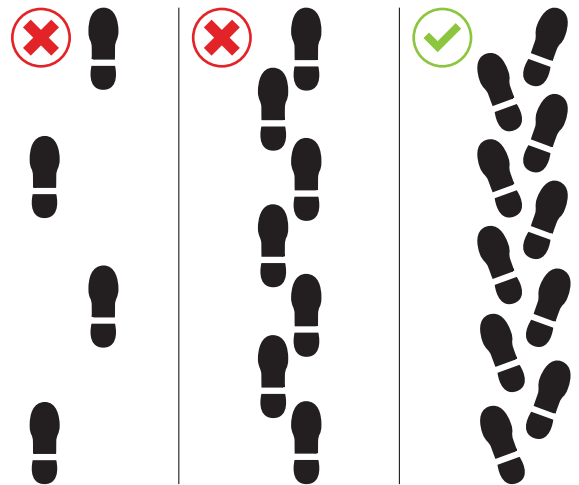
- Observe your surroundings and take note of potentially icy surfaces
- Stick to marked and maintained walkways and avoid shortcuts
- Adjust your stride while walking and take it slow
- Take multiple trips so you can maintain your triangle of vision and have one hand free

Delivery drivers already face many unique slip, trip, and fall hazards because their environment changes with every delivery. They also have high production demands and must make speedy deliveries even during winter weather conditions.

Safety tips for walking in ice or snow:

- Wear shoes with non-slip soles
- Consider wearing heel traction devices over your shoes that still allow safe driving
- Scan the area and take note of icy patches, snow buildup, or black ice
- Avoid uneven surfaces, steps, or curbs
- Stick to marked or maintained walkways when possible
- Avoid shortcuts
- Try to walk in areas where ice-melt has been used
- Avoid walking near low areas where water collects
- Walk as flat footed as possible in icy conditions and adjust your stride
- Tap your foot on potentially slick areas before walking on them
- NEVER use electronic devices while walking

- Keep your triangle of vision open in front of you
- Make more trips so you can keep one hand free to catch yourself if needed
- Always use handrails when walking on icy and snowy surfaces
- Always use 3-points-of-contact when getting in and out of vehicles
- Avoid putting your hands in your pockets while walking
- NEVER run or jump during icy and snowy conditions
- Wipe your feet before entering a building



Take action (Complete one or more activities as a team)

- GROUP DISCUSSION: Review workplace policies on icy and snowy conditions.
- DEMONSTRATION: Practice adjusting your stride by turning your feet slightly outward to increase surface area, then walk slowly.
- MAKE A LIST: Write down three things you can do to prevent slips, trips, or falls in icy or snowy conditions.

