

# ENVIRONMENTAL HEALTH & SAFETY

# SAFETY BRIEF

## Slips, Trips, and Falls – Winter

No matter how well the removal of snow and ice is from a given area, you may still experience some slippery conditions when walking outdoors in winter.

1 million 

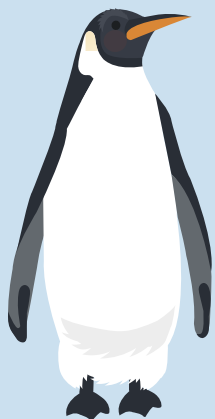
Americans are injured, and 17,000 people die, as a result of slip and fall injuries every year.\*



slip and fall injury rates increase significantly as temperatures decline.\*



people injured in slip and fall injuries are **walking on level ground** when they slip.\*



## Walking Safely on Snow and Ice, *Walk Like a Penguin!*

- Point your feet out slightly like a penguin
- Bend your knees slightly and walk flat-footed
- Extend your arms out to your sides to maintain balance
- Take short steps or shuffle for stability

## Be Safe on Ice



Wear shoes or boots that provide traction on snow & ice



Watch where you are stepping and move **SLOWLY**.



Use special care when entering/exiting vehicles.



Assume that all wet, dark areas on pavements are slippery and icy. Find another route.



Keep your hands out of your pockets. You need your hands to help break your fall if you slip.



Walk in designated walkways.

\*Centers for Disease Control and Prevention



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