

Sure a 'Slip & Fall' can appear funny; isn't the banana peel a classic comedy prop? But the reality is IPRF sees its most frequent and most costly injuries from 'Slip, Trip and Fall' injuries. In winter the addition of ice and snow brings an increase of such incidents.



SO WHAT CAN BE DONE TO PREVENT SUCH ACCIDENTS?

Be Aware of Locations Where Slip & Falls are Most Likely to Occur:

- Spaces between vehicles in parking lots where snow/ice may accumulate while they are parked
- Changes in elevation (such as curbs, ramps, and stairs) that may be obscured due to snow
- Along common walking paths – both on pavement and on unmarked but frequently used shortcuts
- Around drains or low spots where water runoff may accumulate and freeze
- Near gutters & downspouts where water may drain off of roofs, or icicles may melt & then re-freeze along walkways
- At entrances inside your building(s)

When Should Actions Be Taken?

- Give your full attention to where you are walking; do not use a cell phone (including no texting) while walking
- Wear footwear that gives traction and stability. Boots or shoes with slip resistant soles.
- Don't carry heavy items in your hands ; use a backpack or shoulder bag
- Keep hands warm with gloves, not in your pockets.
- Take smaller steps, point toes outward.

What More Can You Do?

- Wear traction devices like YakTrax.



They work like chains on car tires to increase traction on ice & snow.