Winter Slip & Fall Tips

• Wear slip-resistant footwear, appropriate for the weather. Some sole materials like plastic, leather and foam are very slippery on snow and ice. You’ll get superior traction with rubber soles having deep traction grips. Slip-on or strap-on non-slip shoe treads are available and can provide superior slip/fall protection.

• Don’t hurry when conditions are likely to be slippery. Give yourself plenty of time to get to your destination whether you are driving or walking.

• Choose your path carefully and avoid icy conditions whenever possible. Be especially careful at curbs, curb stops and in parking lots.

• Anticipate hazards as you are walking. When you come to a corner, slow down. If you think a surface might be slippery, take short sure steps instead of longer strides with your toes pointed slightly outward – walk like a penguin.

• Keep skid-resistant door mats near entrances to dry your footwear. Check the bottom of your feet every time you enter a building, to ensure you’ve cleaned off the accumulated ice and snow.

• Falls often occur when entering or exiting a passenger car. Be sure of your footing and always keep at least one hand on the handle or grab bar so you can catch yourself if you start to slip.