Fall Prevention – Winter Weather

Major contributing factors causing slips & falls include:
- Improper footwear for winter walking conditions
- Walking or running too fast for the conditions
- Poor walking surface conditions
- Inadequate removal of snow and salt
- Poor lighting or visibility
- Lack of handrails
- Carrying objects, such as laptops or other materials

When walking over ice and snow, remember to:
- Choose the right type of footwear for winter walking conditions.
- Look for slip hazards and scan the path of travel.
- Maintain a focus on the slip and fall exposures when walking.
- Take shorter, slower steps, keeping the feet shoulder-width apart.

Footwear
Safety is everyone’s responsibility. In order for individuals to protect themselves from dropped objects and slips, trips and falls, it is important that they pay attention to the shoes they wear. You are at greater risk of injury if you wear: open-toed, backless or high heel and shoes with leather or slippery soles. Shoes with slip-resistant soles can help reduce an individual’s risk of slipping and falling.

During winter months when snow and/or ice is or could be present, consider the following:
- Wearing a shoe cover or snow boot and changing into dress shoes once inside.
- Avoid wearing high heels outdoors.
- Select a parking area where snow removal and salting has been completed.
- Take care when exiting a vehicle, and hang onto the door when checking the surface for slippery areas.
- Walk slowly, taking shorter steps to maintain balance.
- Choose the best path of travel by scanning the area in front of you.
- Avoid cutting between vehicles, through landscaping and using makeshift paths.
- Use a cart to pull objects, laptop case and other materials, as this will lower your center of gravity and provide improved balance.