



# The COLD Hard Facts!

**Winter weather safety helps prevent injuries!**

**This time of the year is typically slip, trip and fall injury season both on and off the job. Here are some tips to minimize the risk of these injuries!**

## **1. Practice safe walking skills**

- Take short steps
- Walk with feet pointed outward (like a duck)
- Make wide turns
- Pay attention to the surface you are walking on
- SLOW DOWN

## **2. Wear slip-resistant shoes**

- Evaluate adequate friction for particular weather hazard
- The more shoe to walking surface contact the better (avoid high heels when possible)

## **3. Keep one hand free for balance**

- Avoid carrying heavy objects or two-handed carries when walking on surfaces with snow and ice.

## **4. Stay alert**

- Be alert for icy patches underneath snow, “black” ice, or hazards caused by freeze and thaw conditions.
- Pay special attention to slippery surfaces (ice and snow covered) which are not level or when going up and down stairs.

