

SLIPS, TRIPS AND FALLS– WINTER TIME

According to the Canadian Centre for Occupational Health and Safety (CCOHS), over 42,000 workplace injuries are due to fall accidents. The majority of these, or about 66%, are same level falls due to slips and trips. The inevitable winter ice and snow just makes a more hazardous environment that could increase the risk of injuries.

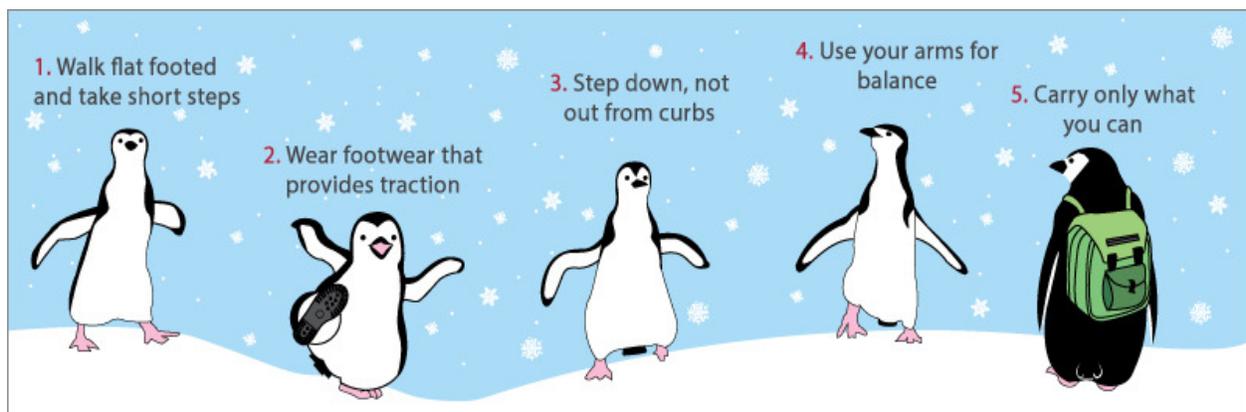
Prevent slips, trips, and falls this winter season. Keep these safety tips in mind while navigating through the snow and ice:

Tips for Walking Safely in the Wintertime

- Wear footwear with heavy treads for increased traction.
- Make yourself visible to drivers by wearing brightly colored jackets or clothes.

- Consider wearing sunglasses to enable you to see through the bright snow reflection.
- Keep your hands out ready to steady yourself in case of slips.
- Look ahead where you're going and anticipate obstacles like uneven ground and ice or puddles.
- Avoid carrying heavy loads that may tip your balance.
- Test slippery areas by tapping a foot before walking.
- Walk slowly and in small shuffling steps to prevent slipping.
- Walk along the grassy edges for maximum traction if the walkway is covered in ice.

Getting through the winter season without suffering a slip, trip or fall is not a difficult feat with the right preparation and presence of mind. Just remember that safety should always be the top priority in every season, all the time.



Here are some additional tips:

- Plan ahead and give yourself sufficient time.
- When walking on steps, always use the hand railings and plant your feet firmly on each step.
- When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction.
- Bending your knees a little and taking slower and shorter steps increases traction and can greatly reduce your chances of falling. It also helps to stop occasionally to break momentum.
- Streets and sidewalks that have been cleared of snow and ice should still be approached with caution. Look out for "black ice." Dew, fog or water vapor can freeze on cold surfaces and form an extra-thin, nearly invisible layer of ice that can look like a wet spot on the pavement. It often shows up early in the morning or in areas that are shaded from the sun.
- Carrying heavy items can challenge your sense of balance. Try not to carry too much--you need to leave your hands and arms free to better balance yourself.
- Use special care when entering and exiting vehicles--use the vehicle for support.
- Be prepared to fall and try to avoid using your arms to break your fall. If you fall backward, make a conscious effort to tuck your chin so your head doesn't strike the ground with a full force.
- When entering a building, remove as much snow and water from your boots as you can. Take notice that floors and stairs may be wet and slippery--walk carefully.



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