



## AVOIDING SLIPS, TRIPS, AND FALLS IN WINTER WEATHER

According to OSHA, slips, trips, and falls constitute the majority of general industry accidents. They cause 15% of all accidental deaths, and are second only to motor vehicles as a cause of fatalities. Falls account for over 8 million hospital emergency room visits, representing the leading cause of visits (21.3%). Slips and falls account for over 1 million visits, or 12% of total falls. Ninety five million workdays per year are lost due to slip and fall injuries. According to the CDC In 2005, more than 15,000 people over the age of 65 died as a result of a fall, up from 7,700 a decade earlier. The CDC also reports that approximately 1.8 million people over the age of 65 were treated in an emergency room as a result of a fall.

# Avoiding Slips, Trips, and Falls in Winter Weather

## Risk Management

### Contact Information Reporting Claims or Loss

24-hour toll free number:  
1.800.690.5520

Email to:  
riskengineering@cfins.com

### *To Avoid Slips:*

1. Plan ahead and give yourself extra time.
2. Concentrate on the path ahead. Take your time and proceed slowly.
3. Where possible, avoid slippery surfaces. Take a route around obvious slippery hazards, such as wet leaves, icy areas and snow banks.
4. Park in areas with sunlight that have less of a chance of ice buildup. Be prepared for black ice formation after melting occurs. Hold on to your door or car as you get out to give yourself extra support. Watch for cars stopping and sliding in parking lots.
5. Exercise caution when getting in and out of vehicles. Carry a small plastic bottle of sand or salt mix in the event ice reforms around your vehicle while you are away from it. Sprinkle the mixture on the ice to minimize slip and fall prevention.
6. Wear appropriate footwear such as shoes or boots with rough (waffled, ridged or heavily textured) soles to work, and change into dress shoes if you must wear them. The inconvenience of changing shoes is insignificant compared to the inconvenience due to a serious fall related injury.
7. Walk slowly and deliberately and with a shorter gait and keep toes pointed outward to provide better center of gravity, and walk as flatfooted as possible. Stop periodically to break momentum.
8. Avoid carrying items. Keep hands empty so arms are free to move for stabilization. Avoid carrying heavy loads or children that may cause you to become off balance. Use backpacks if possible.
9. Use handrails wherever they are provided. A secure handhold can prevent a fall if you should slip.
10. Check to be sure entrance halls and stairs are clear of snow and slush. Tracked in snow and slush often cause slips and falls.
11. Beware of changes in walking surfaces. Many falls are caused when someone doesn't realize he or she is leaving a secure area for a slippery one.
12. Clean your shoes when you go inside. Caked snow and ice on shoe soles can be treacherous.
13. Keep entrances, steps, walks and driveways free of ice by frequently applying ice melting granules. This is the best way to prevent formation of dangerous ice patches.

### *If You Slip:*

1. Be prepared to fall and try to avoid using your arms to break your fall.
2. Try to roll with the fall if you begin to fall forward.
3. Sit down if you begin to fall backward. When a falling person relaxes, an injury is less severe than when he or she tenses. Fighting a fall on ice can cause twisting or bending injuries which may be worse than the bump the fall would have produced.
4. If you fall backward, bend your back and head forward so you won't slam your head on the pavement as your feet shoot out from under you.
5. Toss the load you are carrying. Protect yourself instead of the objects being carried.

# Avoiding Slips, Trips, and Falls in Winter Weather

## Risk Management

---

This material is provided for information purposes only and is not intended to be a representation of coverage that may exist in any particular situation under a policy issued by one of the companies within Crum & Forster. All conditions of coverage, terms, and limitations are defined and provided for in the policy. This material was developed as a general guide to safety from sources believed to be reliable and is not intended to provide legal, technical or other professional advice. These materials are not intended to replace any training or education that users may wish or need to provide to their personnel. Crum & Forster does not endorse any of the vendors listed in this publication, nor does it endorse the information, products or services that they offer or provide. Compliance with all Federal, State or local laws and regulations remain the policyholder's responsibility.

