

AVOIDING SLIPS AND FALLS

Rain, snow and ice can create slippery conditions within the parking lot and along walkways and steps. The best way to avoid a serious slip and fall this winter is to recognize these hazardous conditions and take proper precautions.

- Flat shoes with slip resistant soles or rain/snow boots are best since they provide traction. Avoid high heels, boots or dress shoes.
- When walking across ice or snow, be sure to take short, flat steps. This allows the heels and soles of your shoes to contact the ground, thereby providing you with the maximum surface contact.
- When entering a building clean your footwear thoroughly on the floor mats or carpet. Snow and ice have a tendency to stick to the soles of your shoes and will melt as your shoes warm up, causing you to slip.
- Don't walk too fast and avoid making sharp changes in direction. Always hold onto handrails when using stairs.