



# RISK REMINDER

December 2022

Name: \_\_\_\_\_ Company: \_\_\_\_\_

## Avoiding Slips/Trips/Falls During Winter

### Proper Footwear

Preventing falls from slips and trips starts with good footwear that includes shoe or boot soles with ridges for improved traction. Whether working outside in the elements, driving a truck, or working in an office with tile or carpet flooring, proper footwear is essential for slip, trip, and fall prevention.

### Be Aware of Your Surroundings

It is also a must to be aware of your surroundings and what you will be stepping on or into. Deep snow can hide pot holes that can twist or break an ankle very easily or hide an object that can lead to a trip and fall.

Black ice can cause a slip and fall resulting in serious injury. Be very cautious when walking in areas such as parking lots that you are not familiar with. Although fuel islands can be hazardous if fuel, grease, or oil has been spilled; add any kind of moisture to the mix and you have a very dangerous combination that can result in a serious fall and injury.

Watch when entering a building that may have tile or sealed concrete because it can be as dangerous as black ice and cancelled to a very hazardous situation when wet. Individuals that have had knee or hip replacements can find harmful situations even on carpeting if a shoe or boot toe gets snagged-resulting in a fall from tripping.

### 3-Point Contact

When entering or exiting your truck, no matter what the weather, always use 3-point contact. Three –point contact is when you have 2 hands and 1 foot, or 2 feet and 1 hand in contact with the vehicle at all times. Always face the cab when entering or exiting. Never try jumping out of a truck cab or trailer because you can never be sure of what the surface is that you are jumping onto. Never try getting in or out of the truck with your hands full.

Make sure the cab steps or trailer ladders are free and clear of snow, ice, or mud because they are exposed to the elements at all times. Always be very careful when walking on or in the trailer if the weather conditions are wet.

In cold months, you never know when ice will form.

### Questions: True or False

1. Proper footwear is of no concern when walking on carpet?
2. You only have to use 3-point contact in the winter to keep from slipping and falling?
3. It's easier and safer to face away from the cab when exiting?



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