



STALL STREET JOURNAL

College of Engineering Office of Safety

SAFETY STARTS WITH YOU

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Icy Surface Slip & Falls

According to the Center for Disease Control¹, winter weather conditions increase the likelihood of falls - whether around the home or at the workplace. Compounding the risk of winter slips, trips, and falls is the temperature itself. When it is colder, it is our human nature to move faster to try and warm up or get back indoors sooner. This can lead to slip and falls due to unsecure footing.



- **Wipe your feet:**
Removing snow and moisture gives you improved traction.
- **Heed warning signs:**
Take extra care around areas marked as icy, slippery, or wet.
- **Opt for well-lit routes:**
The better you can see your path, the easier it is to avoid hazards.



- **Know your risk:**
Morning commuters have the highest risk of slip and fall accidents due to snow or ice.
- **Strategic steps:**
Shorten your stride and slow down in slippery conditions.
- **Dress for the weather:**
Wear sturdy boots or shoes with good traction.



- **Be alert:**
Scan your path for slippery conditions and hazards.
- **Sunglasses:**
Sunglasses help combat sun glare so you can see where you are stepping.
- **Hands free:**
You may need your hands to grab a handrail or save your balance, so avoid holding items unnecessarily.



¹CDC/NIOSH 2011

If you have ideas for the Stall Street Journal, contact:
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