Preparing For Winter Safety

Slips and Fall Control Measures

**Indoors:**
- Display “wet floor” signs
- Use anti-skid adhesive tape on stairs
- Use moisture-absorbent mats placed in entrance areas
- Use continuous mats or rug on highly polished floors such as ceramic tile that can be extremely slippery even when dry.

**Outdoors:**
- Keep parking lots and sidewalks clean and in good repair
- Remove snow and/or ice where feasible. Treat surfaces with sand or other environmentally friendly materials that prevent slipping

Snow Removal Techniques to Prevent Low Back Injuries

Get a good shovel. Look for a lightweight shovel that suits your size. Shovels with a bend in them, as opposed to the straight, broomstick-type style, are better for your lower back.

Pace yourself. Start shoveling soon after newly fallen snow since it is lighter than wet, heavily packed snow, and take small breaks. Start out slowly to avoid putting too much stress on your heart all at once.

Push, rather than lift. When you can, try pushing the snow away from you, rather than lifting it, to avoid straining or twisting your back.

Use your legs. If you must lift snow, fill your shovel no more than half full. Bend your knees and lift with your legs, rather than your back. Keep your back straight. Avoid throwing snow over your shoulder or to the side, which causes your back to twist and can injure your shoulders.

Watch for ice. Look out for ice under the snow or on the ground that can cause you to slip and fall. Black ice, which looks like water but is actually thin ice, can be especially dangerous.

Ask for help. Don’t be afraid to ask someone to help you if it’s a huge job.

Listen to your body. If you feel tightness in your chest or have any pain, stop right away and call your doctor. If you’re sore after shoveling, take a hot bath, get a mas-

Walking on Ice with a Load

- Avoid Overloading
- Keep your balance
- Keep your packages together
- Don’t block your vision

Help Prevent Slips & Trips

If you spill it, wipe it up.
If you drop it, pick it up.

It’s everyone’s job to correct or report unsafe slipping and tripping hazards!