



A MINI TRAINING SESSION FOR INJURY PREVENTION

Quick Take on Safety

Unexpected Winter Hazards

We Minnesotans think we know all there is to know about winter walking hazards, but we may not recognize all of them. They can cause serious injury, leading potentially to months of recovery.

Getting into and out of Vehicles

Getting into and out of vehicles when the parking lot is icy is dicey business. Follow these safety tips:

- ◆ Use three points of contact to mount or dismount equipment. Either two hands and one foot or two feet and one hand should be in contact with the vehicle at all times.
- ◆ For passenger vehicles, create points of contact by holding onto the door, roof or assist handle.
- ◆ Be aware of the type of surface on which you are stepping. Know if it is icy, uneven or snow-covered for example.
- ◆ Ensure that you have firm footing before putting your entire weight on your feet.

Indoor Entryways

Snow and sand from outside can get tracked into buildings. The resulting puddles and piles of sand can create slippery spots on hard floors. Be sure to:

- ◆ Wipe shoes well on rugs when entering buildings to prevent tracking in snow and sand.
- ◆ Walk on rugs, being careful to step over the edge to avoid tripping on it.

- ◆ Walk slowly and with hands out in areas where puddles and sand may be present.

Changing Weather Conditions

Conditions outside may have changed considerably from the last time you were out. For example, temperatures could fall to create freezing rain and sleet. Fog could impede how well you can see. Take a moment to assess the actual current conditions before you proceed too far outside. Then take appropriate precautions to avoid slipping and falling.

In a Rush

A major factor in causing weather-related slips and falls is walking too fast for the conditions. Even with proper footwear, rushing can cause falls. The best strategy is to allow adequate time to get where you are going and walk slowly and deliberately. Being late is better than rushing and not getting there at all.

Full Hands

When using sidewalks, parking lots and stairs during slippery conditions, it is important to keep your hands as free as possible to help maintain balance and hold rails. Carrying materials in a shoulder bag or on carts allows your hands to be free, as well as maintains a clear view of the path ahead.

What are other ways we can prevent winter slips, trips and falls?

