

Preventing Winter Slips and Falls



The number and severity of slips and falls increase in the winter months. **While snow falls gently, people don't.** Be on the lookout for these hazardous conditions.

- Slippery surfaces due to water
- Snowy and ice-covered sidewalks or paths
- Freeze/thaw cycles
- Melted snow or ice, or grit at or just inside the entrance of buildings
- Black ice (a thin, nearly invisible coating of ice on paved surfaces caused when temperatures rise above freezing during the day and drop below freezing at night).
- Obstructed sidewalks and roadways
- Packages that are too large or heavy that can affect your balance or obstruct your view
- A hat or scarf that blocks your view or makes it difficult to hear traffic

Tips

Weather

- Don't get taken by surprise – listen to the weather report and be prepared to slippery conditions. Take your time, pay attention to where you're going and adjust how you walk according to weather conditions. Be a "defensive walker".

Footwear

- Wear appropriate winter footwear that is well-insulated, waterproof, has a non-slip, thick sole and a wide, low heel. Ice grippers can also improve walking on ice and snow.

Parking Lots

- If you arrive before 8AM or leave late after 6PM, the parking lots and sidewalks may not be cleared yet. Proceed carefully when getting in and out of vehicles.

Sidewalks and Pathways

- Walk on sidewalks whenever possible. If you must walk on the street, walk against the flow of traffic and as close to the curb as possible. Before stepping off a curb, make sure oncoming vehicles have come to a complete stop.
- Walk on cleared, well-lit pathways. Don't take shortcuts or go over snow banks.

Buildings

- Check overhead for ice hazards (building roofs, electric lines, etc). Be especially cautious around building entrances, loading docks and curbs and other areas where ice can form.
- Whenever possible avoid north-facing entrances to buildings as these areas tend to remain icy and slippery longer.
- Wipe your feet before entering a building and before climbing steps. Cold boots or footwear with snow or ice caught on the soles can become quite slippery when you enter a warm building.

Carleton is responsible for providing a safe work environment. Employees and students must be partners with us to improve safety on campus. If a fall or injury occurs or if you spot a hazard:

1. Report hazards immediately to Facilities Management at (507) 222-4133.
2. For employees and student workers, report falls or injuries to your supervisor immediately. Complete an *Employee Accident Report Form* http://apps.carleton.edu/campus/human_resources/hr_forms/ and send to HR immediately.
3. For Students, report falls or injuries to Carleton Security Services at (507) 222-4444.