Northwestern

Spotlight on Safety

Special Winter Weather Edition February 2022

Winter Slips and Falls

Winter conditions can be dangerous. Snow and ice create hazards, including slippery conditions. Slips occur when there is less friction or traction between your shoes and the walking surface, resulting in a loss of balance and potentially a fall, which can result

Tips for safely navigating icy conditions

Check the local forecast regularly so you know when to expect snowy and icy conditions.

Avoid walking outside when icy conditions are known to be present, unless it is necessary. Try to wait until later in the day when the sidewalks can be salted and ice melts.

To maintain balance, hold onto something while entering or exiting vehicles, and keep your hands out of your pockets while walking.

Look in front of you while walking to assess potential slip hazards, and never run.

If icy conditions are present, walk on snow or grass along the side of the sidewalk for additional traction.

When ascending and descending stairs outdoors, always utilize the handrail to maintain balance.

Choose footwear with good traction to reduce the chance of falls.

Take shorter steps, walk at a slower pace, and waddle like a penguin, keeping your feet below you to help maintain your balance. This provides more time to react to changes in traction.

Report all injuries on Risk Managements avoid creating slippery conditions for others!

Avoiding conditions that could potentially cause a fall is always the goal, but if you are about to fall, the following tips can help minimize injuries:

Bend your knees. This will reduce the distance of your fall and minimize how much force will be generated.

Keep your arms away. Your natural reaction may be to use your arms to catch yourself, but

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StayPositive Keepthefocuson whatcan be done to create a safeworkplace stead of focusing n whathas gonewrong in the past

website or call (847) 491-5582.

Learn more: Review OSHA's winter weather guidelines.

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Below are at home in the winter:

- makethetopiævermorerelatable.
 o Clear and salt snowy and icy driveways and walkways to avoid falls.
- o Choose an ergonomic shovel, and when possible, push snow instead of lifting it to prevent overexertion.
- Use the proper lifting technique to avoid injuries: keep your back straight, lift with your legs, and do not turn or twist your body. Review the <u>Back Injury</u> <u>Prevention</u> Spotlight on Safety for more information.

For Additional Information

Contact Environmental Health & Safety at ehs@northwestern.edu

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Keep your guard up

and stay alert during

these times!