

# FM SAFETY ALERT

## SLIPS AND FALLS

November 2010

### Issue:

Slips and falls due to snow and icy conditions are a major cause of personal injuries on campus during the winter. Some basic reminders to preventing a slip and fall include:

1. Keep exterior walkways and stairways as clear of snow and ice as possible. Apply sand and salt to slippery areas as appropriate.
2. Pay attention and use caution while walking on snow and ice covered surfaces, when ascending and descending stairways, and anticipate that ice may be concealed under the snow. When possible, avoid ice covered areas.
3. Wear footwear with good traction. Smooth soled shoes (such as leather or plastic) are often a factor in slip and fall incidents.
4. Be alert to a possible slip hazards while entering buildings. Building entrances will often be wet from snow and ice being tracked in. Use caution when entering and exiting these areas. Keep these areas as dry as possible.
5. Pay attention while walking to any slip hazards and adjust your stride when encountering a possible slip hazard.
6. Use caution when going out into parking lots, and getting in and out of a motor vehicle. Hold on to the vehicle's door or handle in case you slip.

Slips and falls can potentially cause serious personal injuries resulting arm and hip fractures, back and head injuries.

