



## On Ice and Snow, Take it Slow!



### Did you know?

- ✓ From 2010 to June 2015, there were **49** work related injuries reported by Winnebago County employees related to slips, trips and falls. These injuries resulted in a cost of just over **\$205,000**.
- ✓ **15%** of all accidental deaths are related to slips, trips and falls and are 2<sup>nd</sup> only to motor vehicles as a cause for fatalities (U.S. Department of Labor).
- ✓ In 2011, **1,152** people were treated in hospital emergency rooms in the U.S. for injuries sustained while walking and using an electronic device (U.S. Consumer Product Safety Commission).
- ✓ **24%** of all slip and fall accidents are attributed to improper footwear (National Floor Safety Institute).

### To help avoid a slip or fall this winter, remember these key points:

- ✓ Wear footwear that provides high traction; avoid wearing improper footwear outside such as high heels.
- ✓ Pay attention to where you are walking; don't be distracted by texting or talking on your cell phone.
- ✓ Walk in designated walkways. Watch for icy patches in parking lots and on outside stairs and ramps. Do not take any shortcuts.
- ✓ Slow down, take short steps at first and then adjust your pace to surface conditions.
- ✓ Use railings or other stable objects when available. Enter and exit your vehicle slowly, holding onto the door and steering wheel while stepping onto or off of a slippery surface.
- ✓ Fully wipe your shoes or boots on floor mats when entering buildings after walking on snow or ice.
- ✓ Clean up any snow or ice melt on floors right away.

**Remember: Safety is everyone's responsibility.**