



Cold weather brings a number of hazards: wet floors, black ice, ice on stairs and unsafe driving conditions. With the cold and wet weather season approaching, here are a few facts to think about:

- \* Slips, trips and falls account for over one million hospital emergency room visits
- \* Slips, trips and falls are the primary cause of lost days from work
- \* Fractures are the most serious consequences of falls and occur in 5% of all people who fall

### What are Slips, Trips and Falls:

**SLIPS** occur when there is too little traction or friction between the shoe and walking surface. Most slips cause a person to fall backwards.

**TRIPS** occur when a person's foot contacts an object in their way or they drop to a lower level unexpectedly. Most trip cause a person to fall forward.

**FALLS** occur when a person is too far off-balance.

### BE PREPARED

1. Monitor the weather and changing conditions.
2. Keep adequate supplies of snow and ice removal tools in accessible areas.
3. Assign responsibilities and review the plan for using tools.



### BLACK ICE

Black ice is a thin, nearly invisible coating of ice caused when temperatures rise above freezing and quickly drop below freezing.

### Wet or Slippery Surfaces

Wet or slippery surfaces are a major cause of slips, trips and falls. Highly polished floors are extremely slippery when dry and definitely increases the potential for a slip, trip or fall when moisture (rain, snow, and mud) are present. Here are some tips to avoid a slip, trip or fall on slippery floors:

- ◇ Use anti-skid adhesive tape in high traffic areas
- ◇ Use absorbent mats in entrance ways during cold and wet weather. Mats may cause hazards themselves, make sure they do not slide on the ground
- ◇ Display wet floor signs
- ◇ Clean up wet floors immediately
- ◇ When entering a building, remove as much snow and water from your shoes as possible



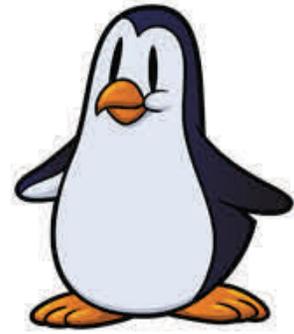
### WALKWAYS

- ⇒ Shovel and apply ice melt as necessary to keep walkways dry
- ⇒ Watch for areas where ice tends to form
- ⇒ Provide good lighting for walkways
- ⇒ Walk in designated walkways

## THE PENGUIN SHUFFLE

Walking like a penguin can reduce your chances of slipping and falling.

- ◇ Point your feet out
- ◇ Keep your head up
- ◇ Slowly take short steps
- ◇ Extend your arms out to your sides for balance and walk flatfooted



## COLD WEATHER DRIVING

Winter driving can be dangerous for bus drivers, their passengers and everyone else on the road. Skilled driving is important in winter weather—a safe bus is also a necessity. Buses should be equipped for the weather with elements to maintain drivers' ability to see the roads, as well as maintain traction on slick surfaces. Drivers should arrive to work early and ensure that their buses are warm before they leave to pick up students. Windows should be treated with chemicals to help keep them from fogging or icing, up. Drivers should wear warm clothes and wear the proper shoes to avoid slipping.

## TIPS FOR SAFE WINTER DRIVING

- ◇ **Slow down.** In bad weather conditions, it's more important to keep the passengers safe than stay on schedule.
- ◇ **Never take chances.** If there is a concern that something might not be safe, it probably isn't.
- ◇ **Anticipate poor or dangerous road conditions.** Keep greater distance between you and other objects, which will give you more time to react to things you may encounter on your route.
- ◇ **Drive defensively.** Be careful of other motorist when entering intersections and always be aware of the traffic around you.

