

# Safety News

Snohomish County 

WORK SAFE INFO  
FROM THE  
SNOHOMISH COUNTY  
SAFETY OFFICE

JAN - FEB, 2011

## Prevent Slips and Falls

It's that time of year where slips and falls occur in increasing numbers. Winter months bring more rain, snow and ice, and unfortunately, slippery walkways and working surfaces. Extra precaution must be used during these times.



The following guidelines will help prevent slip and fall incidents:

- Wear appropriate footwear for winter walking such as boots, shoes with slip resistant soles, traction overshoes, etc.
- Slow down and be especially aware of your surroundings.
- Take small steps to keep your center of balance under you.
- Keep your eyes on where you are going.

- Walk in the clearest path available. The main walkways are cleared first. Take the extra time to walk on paths that are clear.
- Keep both hands free for balance, rather than in your pockets.
- Use a handrail where available.



- When entering buildings, knock off as much snow remaining on your shoes as possible. This will help limit the amount of water being tracked into buildings making interior walking surfaces safer.
- Don't allow rain that has collected on your umbrella to be deposited on indoor walking surfaces.
- Report slip and fall hazards so they can be remedied.



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