

# Help Prevent Falls, Slips and Trips this Winter

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No-one wants to end up flat on their back, but each year many of us find ourselves swept off our feet. In fact, nearly half of all home injuries are caused by slips, trips and falls, most commonly from steps, stairs and ladders.



Often it's not the fall that hurts us, it's what we hit on the way down. Injuries usually include sprains, back injuries, broken bones, cuts, bruising and even concussion that could end up costing you a lot of pain, time and money.

With the winter weather here and cold southerly blasts hitting the country, a lot of us will be exposed to snow and ice, making our walking surfaces dangerous. Use extra caution to keep on your feet this winter.

## Don't hurry

How many times have we been injured because we've been trying to save time?

Running, hurrying or taking shortcuts are often just not worth the few seconds you might save.

**So tidy up, slow down, look down, and save yourself an injury!**



## Tips to avoid an accident

- Don't hurry when conditions are likely to be slippery. Give yourself plenty of time to get to your destination.
- Wear slip-resistant footwear, appropriate for the weather. Leather-soled shoes for men and high-heeled shoes for women are especially hazardous in winter.
- Keep skid-resistant door mats near entrances to dry your footwear. Check the bottom of your feet every time you enter a building, and clean off the accumulated ice and snow.
- Anticipate hazards as you are walking. When you come to a corner, slow down.
- If you think a surface might be slippery, take short sure steps instead of longer strides.
- Make sure you can see over the top of parcels you are carrying while you walk. Try to keep one hand free to use handrails on stairways.
- When getting in and out of vehicles, always keep at least one hand on the handle so you can catch yourself if you start to slip.
- Try to avoid climbing ladders in cold weather. The rungs could be covered with clear ice. If you must climb a ladder, examine it carefully and proceed with caution.
- Keep pathways at work and home clear of snow and ice. If possible, turn on extra lights at night to illuminate the area.
- Pay particular attention when you are walking after dark. Remember that drivers will have a difficult time seeing you, so be sure to wear light coloured clothing and watch out for vehicles.
- Practice good housekeeping habits. Clean up small spills immediately.