

## Icy and Dicey

### Don't slip or fall on wet or icy pavement

Winter weather creates its share of hazards; cold temperatures, bad road conditions, and the risk of catching a cold or the flu. Another major winter weather hazard is falling down on slippery outdoor surfaces. Slipping and falling could result in a back injury, a sprain, or even a broken bone.

Follow these tips to help prevent spills this winter:

- **Always wear shoes or boots with non-slip soles** when you're outside on wet, icy, or snowy days. Change into your work shoes when you get to work.
- **Walk slowly and shuffle your feet** when walking on wet, icy, or snow-covered pavement. Avoid turning sharply when you walk on a slippery surface and be extra careful when carrying packages, equipment, or materials.
- **Use one hand to hold onto the railing** when using outdoor stairways.
- **Wipe your feet when entering a building** so that your wet soles won't cause you to slip on indoor flooring.
- **Bend your elbows and knees** and use your legs and arms to absorb the fall if you do slip and start to fall. These actions can limit your injuries.

Finally, report any icy spots that could cause co-workers or visitors to fall on walkways around the workplace or in parking areas.

5500 Glendon Court, Suite 360

Dublin, OH 43016  
(877) 360-3608