

EHS ALERT: WINTER WALKING WORKING SURFACES

December 2022 Edition

Slip and fall injury rates increase significantly as temperatures decline. WVU employees may experience slippery conditions when walking or working outdoors this winter, so here are some tips on how to stay safe.



Appropriate footwear in inclement weather is a must. Rubber waterproof soles will give more traction and keep you warm and dry.



A cleared path for driving and walking may not be available – Plan ahead and give yourself extra time.



Use special care when entering and exiting buildings or vehicles; use handrails or the vehicle for support.



Walk in designated walkways and avoid shortcuts. Avoid uneven surfaces if possible. Avoid steps or curbs with ice on them.



Look ahead and pay attention to the path when you walk. Don't text or read while walking.



Watch for slippery floors when you enter or exit any buildings. Use door mats to help remove snow and water from footwear.



50% of people injured in slip and fall injuries are walking on level ground when they slip!* It may sound silly – but if you can't avoid walking on a slippery surface...

Walk Like a Penguin!

- Take short steps or shuffle with flat feet for stability.
- Bend slightly forward and walk with your center of gravity directly over your feet.
- Keep your arms extended at your sides. Keep your hands out of your pockets.
- If you *do* fall, avoid using outstretched arms to catch yourself. If you can, try to fall on the side of your body. Tuck your chin to your chest to avoid hitting your head against the ground.