

# Navigating the Dangers of Winter



## Winter slip and fall

It's that time of season where slips and falls occur more frequently here on campus. Our Maintenance Department does an excellent job of keeping the sidewalks and parking lots clear of snow. However, **there will be icy patches on your walk to your office, your car**, etc. We would like to provide some good advice on being aware of your surroundings during the winter months and ways to prevent slips and falls.

## How to Prevent it

- **Wear the proper foot gear**, preferably rubber and neoprene composite. Avoid plastic and leather soles.

“Yak-Trax” (you put them on over your shoes or boots) provide excellent traction on icy surfaces and are available for about \$20 at CVS Drug Stores or online. Our Maintenance Department wears them, as does our safety officer and director of human resources.

- Take small steps to keep your center of balance under you.
- Walk slowly and never run on icy ground.
- Keep both hands free for balance, rather than in your pockets.
- Keep your eyes on where you are going.
- Test potentially slick areas by tapping your foot on them.
- Step - Don't jump from vehicles and equipment.

When these helpful hints don't work and you know you are going to slip and fall, try to reduce your potential for injury.

- Roll with the fall. Try to twist and roll backwards, rather than falling forward.
- Relax as much as possible when you begin to fall.
- Toss the load you are carrying. Protect yourself instead of the objects being carried.



Have a safe winter!

--LAKE TAHOE COMMUNITY COLLEGE--