



Southwest Washington Workers'
Compensation Trust

Icy Weather Warnings

Slips, trips and falls are a leading cause of school employee injuries throughout the state. According to Worker's Compensation Trust loss summaries, injuries due to slip, trip and fall accidents:

- Result in 20-30% of all school employee injuries each year
- Are the first or second most common cause of employee injuries each year.

Serious damage can result from slips, trips and falls, including head or back injuries, fractures, pulled muscles, lacerations or deep contusions. These types of accidents increase substantially in icy weather and the results can be severe, both physically and financially. **Prevent this from happening to you!**

During Snowy Weather or in Icy Conditions:

- Be aware of the hazards of slipping on ice.
- Plan ahead and give yourself adequate travel time during inclement weather.
- Lighten your load! Use hands and arms for balance. A heavy load can change your balance.
- Take short steps and walk slowly so you can react quickly to a change in traction.
- Plant your feet firmly with each step.
- Bend your knees slightly to increase traction and reduce your chance of falling.
- Avoid taking shortcuts through areas where snow and ice have not been removed. Follow plowed, shoveled and de-iced or sanded paths if at all possible.
- Shake off your umbrella or wipe the snow off your coat before entering a building.
- Wipe your feet on entrance mats if it is raining, snowy, icy or muddy outside.
- Floors and stairs may be wet and slippery. Walk carefully and use available handrails.
- Report icy walking areas to maintenance or your supervisor.

Dress appropriately for the weather conditions:

- Wear proper footwear for the weather. Non-skid soles are best.
- Dress warmly but make sure you can hear what's going on around you.
- Wear bright colors so drivers can see you.
- Do not wear items that block your vision.
- Sunglasses may help you see better and avoid hazardous conditions.

If you fall:

- If you fall backward, make a conscious effort to tuck your chin so your head doesn't hit the ground with full force.
- Report to your supervisor and fill out an employee incident report.

YOU are an important part of making your school a safe workplace!