WINTER WEATHER...WATCH YOUR STEP!

Winter is upon us (like it or not) so that means winter weather. Snow, ice, freezing rain and high winds can all happen on the same day, and occasionally at the same time here in the Pacific NW, so preparation is key.

ASK SANTA FOR SAFE FOOTWEAR

It may sound silly to waste your wish from Santa on safe shoes, but suitable footwear for the weather is a key factor in preventing slips, trips, and falls and THAT is a very good gift. Properly selected footwear can significantly increase the friction between the ground and the soles of your shoes which helps prevent slips. Encouraging employees to wear the right footwear for the conditions is good practice.

For people working outside, selecting a good work boot with a slip-resistant sole is an excellent place to start. A vendor in your local area can provide valuable information on the type of sole appropriate to the exposures employees might encounter. For example, the sole needed to deal with oily, wet floors might be different from soles needed to deal with snow. In some extreme cases, regular slip-resistant soles may need to be augmented with slip-on cleats. Several local and national companies specialize in safe footwear for work such as Shoes for Crews, YakTrax (pictured) and Winter Walking.

Most slips on ice and snow happen on the heel as we walk forward and the heel of the foot hits the slick surface causing us to fall backwards.

SLIPPED YOUR MIND?

Slips and falls are a primary cause of work-related injury and time loss. Most of them are preventable. There are high quality ice and snow traction footwear options on the market at affordable prices making them accessible to most people. Whether you work out in the elements regularly or only venture out when you absolutely have to, it is worthwhile to get the appropriate footwear.

Safety Sam Says...

For those individuals who have economic limitations, there is a low budget option as well. Simply put socks on over your shoes for extra traction.

Clear snow and ice from walkways as SOON as possible
Ensure downspouts are draining AWAY from walkways
Give yourself extra time - NEVER rush
Keep at least one hand FREE at all times to help keep your balance
Dry feet COMPLETELY on the rug when coming in from wet weather
Don’t wear high heels in snow or ice EVER - change into them when you are inside