

It's all our responsibilities as county employees to practice safety for ourselves and community we serve.

Please take the proper precautions during the winter season to wear proper snow and ice gear, **especially foot wear**. Take the initiative to call Facilities Management to report slick or ice conditions immediately and follow through by showing them the concerning areas. Contact Risk Management immediately for any workers comp injuries.

Here are some tips to help you prevent falls:

- **Wear shoes or boots with deep treads that provide good traction like rubber or neoprene composite soles, avoiding leather and plastic soles.** One can even invest in anti-slip overshoes or ice walkers which can be put over the bottom of shoes to provide extra traction. Please follow safety tips for the anti-slip product you purchase.
- **Dress warmly.** Being cold may cause you to hurry or tense your muscles -- both of which can affect your balance.
- **Give yourself plenty of time.** Take short steps with your feet pointed slightly outward. This will help keep your center of balance under you and provide a stable base for support.
- **Be extremely careful getting out of your vehicle.** If possible, swing your legs around and place both feet on the pavement before you attempt to stand. Steady yourself on the door frame until you have gained your balance. Avoid reaching beyond your center of balance to take hold of the door, because this may cause a fall
- **Don't take shortcuts.** Always use sidewalks and the cleared paths in parking lots. Never walk between parked cars. Be especially careful when stepping to different levels -- down or up steps or from curbs (don't step on curbs). And remember, grassy slopes can be as dangerous as snowy steps.
- **Pay attention to the walking surface.** It may become wetter or slicker ahead of you. Look down, however, only with your eyes. If you bow your head, it could propel you forward.
- When walking after sunset or in shadowed areas, **be alert for black ice** -- particularly in the days following a storm. Once parking lots, sidewalks and steps have been cleared, a thin layer of water remains and refreezes when the temperature drops.
- **Carry only those items necessary.** Carrying weighted or bulky packages is also risky

Although we can't prevent the snow and ice from falling this season hopefully we can prevent ourselves from falling this winter.

Thank You!

Risk Management