

# Risk Manager

Answers, resources and information to help assess and reduce risk

## Ice and Snow: A Slippery Situation By Keith Myers

Ice and snow – love it or hate it, it is unavoidable at this time of the year. While the snow can make things look very picturesque it has the potential to pose a significant fall hazard. Here are some ways to make sure you are safe during this time of the year:

- Use the proper footwear. Make sure to wear footwear that have rubber soles and are able to maintain traction while walking into the building. Once in the building and into the work area, change into other shoes if you would like.
- Walk with your feet pointed slightly outward. This will help to maintain a better sense of balance.
- Wear a piece of bright colored clothing while entering the building. This will help for other people to see you while you are walking to or from the building.
- Use vehicles to help maintain your balance. When exiting a vehicle in slippery conditions, there is a possibility for a great change in traction which can challenge your sense of balance.
- While walking on a slippery surface, stop every so often to break the momentum that your body has gained. This will help if you encounter a sudden change in traction.
- When using the steps, make sure to use the handrails to help to prevent from falling.
- Walking with your knees slightly bent and taking shorter, slower steps increases your traction and reduces the risk of falling.
- Try not to carry too much. Having your hands and arms free help to give you better balance.
- If you start to fall backwards, make a conscious effort to tuck in your chin so that your head won't hit the ground with full force.
- When entering the building, try to remove as much snow from your footwear as possible, so that it does not track throughout the building.

While the snow might create some very nice scenery, it also poses the possibility for many hazards. No matter how well snow and ice may be removed from streets, sidewalks and parking lots, you may encounter slippery surfaces while walking outside in the winter. Be prepared and give yourself extra time and plan ahead for the appropriate conditions.

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For additional information or training on best practices and safety management within your school entity, please contact Director of Risk Management Sharon Orr at (866) 401-6600, ext. 7152 or [sorr@cmregent.com](mailto:sorr@cmregent.com).