



## Utica National Risk Management Alert

# Winter Slip and Fall Prevention Tips

During the long, cold winter months, it's important to be aware of some easy to remember slip and fall prevention tips. A few simple precautions can help reduce the chance that you or your employees get injured on the job:

- **Avoid slippery surfaces as much as possible.**
- **Walk in designated walkways.**
  - Only use sidewalks, stairs, ramps, etc. that have been cleared and/or salted.
  - *If it hasn't been cleared, don't use it!* If you must use it, walk, don't run on icy or snow-covered ground.
  - Test possible slick areas first with your toe to see how slippery it is before putting your full body weight on the area.
- **Take your time and walk slowly.**
- **Take small steps for stability.**
  - A few extra seconds could mean the difference between getting to your destination safely or spending the day at the doctor's office.
- **Proper footwear is essential.**
  - Wear shoes or boots that provide traction on snow and ice.
  - High heels, sneakers, cowboy boots, and footwear with leather or plastic soles should be avoided.
- **Keep your hands free for balance and use handrails whenever possible.**
  - If you slip, you will need your arms to restore balance.
  - If you fall, your arms will help you break the fall and help you land in a safer position.
- **Keep your eyes on where you are going.**
- **Use floor mats at entrances to dry shoes when entering the building.**



Utica National has a wide array of risk management and training resources available to help you control a variety of loss-producing exposures.

**Visit [www.uticanational.com](http://www.uticanational.com) or contact your local Risk Management Representative for more information.**

*NOTICE: This information is provided solely as an insurance risk management tool. It is provided with the understanding that the member insurance companies of the Utica National Insurance Group ("Utica") are not providing legal advice, or any other professional services or advice. Utica shall have no liability to any person or entity with respect to any loss or damages alleged to have been caused, directly or indirectly, by the use of this information. You are encouraged to consult an attorney or other professional for advice on these issues.*

 **Utica National Insurance Group**  
Insurance that starts with you.®

Utica Mutual Insurance Company and its affiliated companies, New Hartford, NY 13413  
[www.uticanational.com](http://www.uticanational.com) • 1.800.598.8422