

# Highways Winter Safety – Slips, Trips and Falls



## 10 TIPS TO AVOID WINTER SLIPS, TRIPS & FALLS

-  1 Walk slowly and carefully in appropriate footwear.
-  2 Use special care when getting in and out of vehicles.
-  3 Watch for slippery floors when entering buildings.
-  4 Avoid walking with your hands in your pockets, or carrying items in your hands. Try a backpack.
-  5 Watch out for black ice.
-  6 Check potentially slick areas by tapping them with your foot.
-  7 Walk as flat-footed as possible in very icy areas.
-  8 Avoid uneven surfaces, like steps or curbs.
-  9 Report any untreated public areas.
-  10 Remember: "Ice and snow mean take it slow!"

As we come into the colder winter months we often see a peak in incidents, with dark nights and difficult conditions bringing their own hazards that can increase the risk of slips, trips and falls.

To raise awareness, we're focusing on the common risks associated with winter and sharing some practical tips and suggestions to help you avoid a nasty injury.

### Things to consider in winter:

- Be prepared for the increased hazards and risks associated with longer, darker mornings and nights and slippery underfoot conditions by making sure you have the right clothing, footwear and equipment.
- Give yourself extra time for journeys and going about your normal daily tasks – taking just a little bit more time to prepare for and respond to local conditions could make all the difference.

### Looking after yourself and your colleagues:

Any of us can get injured and it's not as simple as just saying 'don't fall over'.

When you know your environment so well, it's easy to overlook the subtle dangers that winter brings. At this time of year, wet or icy surfaces and less daylight can create unsafe conditions that can affect you and could also present a risk to others.

By reporting things that you think are unsafe, you can help protect yourself while also helping to keep others safe – See It, Sort It, Report It.

### Safety tips:

To help reduce the risk of slips, trips and falls:

- Take extra time.
- Be extra aware of your environment and any hidden hazards.
- Wear appropriate footwear for the conditions – be prepared to change footwear if needed.
- Report poor lighting on site and in offices, including access routes, walkways and paths.

Talk with your Line Manager and colleagues about why it's important to think safely, and not put safety to one side because we're in a rush or we've become too familiar or complacent about what we're doing.

For further information or support, please contact a member of the Highways H&S Team.