OCMBOCES
Committed to Your Success

WINTER SAFETY

As the winter season endures, we are asking everyone to take an active role in ensuring that you, your students and our visitors enjoy the season injury free.

Here are several tips to help prevent slips, trips and falls.

- <u>Don't Hurry</u> - When conditions are likely to be slippery. Make sure you have plenty of time to reach your destination. Take short steps. Avoid shortcuts. Use shoveled and salted walkways where possible.

- <u>Wear Appropriate Footwear</u> – Wear slip resistant footwear appropriate for weather conditions. Leather-soled shoes or high heeled shoes are especially hazardous in the winter. You should change into these shoe types after you have reached your destination (classroom, office, etc.).

- <u>Practice Good Housekeeping</u> - Clean-up small spills immediately and keep walkways free of clutter. Inform maintenance/custodial staff of bigger spills or pools of water on the floor, or other conditions that could result in slips/trips or falls.

- <u>Clear Your Shoes</u> – Clear off the accumulated snow and ice from the bottom of your feet every time you enter a building using entrance walk-off mats.

- <u>Anticipate Hazards</u> - As you are walking, anticipate hazards such as black ice, snow covered ice, slippery steps and walkways. If you approach a corner, slow your pace to change your direction of travel. Pay attention to the floor and if you think a surface is slippery, use short and sure steps instead of longer strides. Use extreme care when carrying boxes/bulky items.

- <u>Pay Attention</u> – Don't use cell phones/devices when using stairs or walking on slippery surfaces.

- <u>Use Handrails</u> - Utilize railings when ascending or descending stairs.

- <u>Hold On To Something</u> - When getting in and out of vehicles; always keep at least one hand on the handle or grab bar to stabilize yourself if you begin to slip.

- <u>Report</u> - Report hazardous conditions as soon as possible to your supervisor or building maintenance/custodial staff so that they can be addressed.

HAVE A SAFE AND ENJOYABLE WINTER SEASON