

WINTER SLIP AND FALL PREVENTION RESOURCES



Posters..... pages 2-35
11 x 17 inches

Window Clings..... pages 36-45
6 x 9 inches

Shaker Sticker..... page 46
4.25 x 5.5 inches

Yard Sign..... page 47
24 x 18 inches



Posters

11 x 17 inches



PROTECT YOUR REAR –
USE PROPER ICE GEAR

AR-0162



CLEARING YOUR
WAY SAFELY HOME

AR-0163



DON'T LET SAFETY
SLIP YOUR MIND

AR-0119



WALK LIKE FREDDY...

SLOW AND STEADY!

AR-0006



Don't Pay the Price

Look Out for Snow and Ice!

AR-0030



Don't Pay the Price

Look Out for Snow and Ice!

AR-0030-B



SHAKE ICE MELT
TO PREVENT A WELT

AR-0171



FREDDY KNOWS THE TRICK,
SLOW YOUR STEPS
WHEN IT'S SLICK!

AR-0175



ON ICE & SNOW!

AR-0001



THINK TWICE
WHEN THERE'S
SNOW AND ICE!

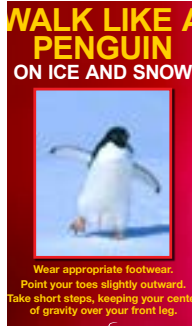
AR-0008



Avoid slips, falls...
and injuries this winter

Take my advice:
• Watch your step
on slippery walkways.
• Walk, or waddle, like
me, slowly shifting your
weight from side to side.

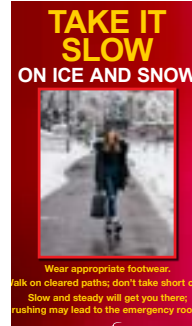
AR-0044



WALK LIKE A
PENGUIN
ON ICE AND SNOW

Wear appropriate footwear.
Point your toes slightly outward.
Take short steps, keeping your center
of gravity over your front leg.

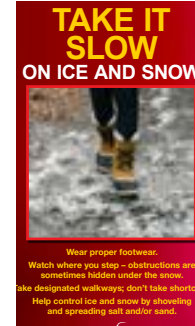
AR-0057



TAKE IT
SLOW
ON ICE AND SNOW

Wear appropriate footwear.
Walk on cleared paths; don't take short cuts.
Slow and steady will get you there;
rushing may lead to the emergency room.

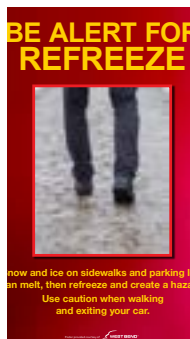
AR-0058



TAKE IT
SLOW
ON ICE AND SNOW

Wear proper footwear.
Watch where you step – obstructions are
sometimes hidden under the snow.
Take designated walkways; don't take shortcuts.
Help control ice and snow by shoveling
and spreading salt and/or sand.

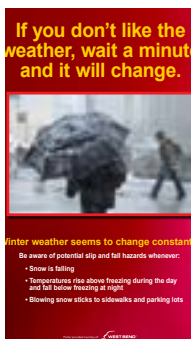
AR-0059



BE ALERT FOR
REFREEZE

Snow and ice on sidewalks and parking lots
can melt, then refreeze and create a hazard.
Use caution when walking
and exiting your car.

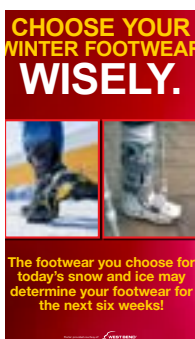
AR-0060



If you don't like the
weather, wait a minute
and it will change.

Winter weather seems to change constantly.
Be aware of potential slip and fall hazards whenever:
• Snow is falling
• Temperatures rise above freezing during the day
and fall below freezing at night
• Slowing snow sticks to sidewalks and parking lots

AR-0061



CHOOSE YOUR
WINTER FOOTWEAR
WISELY.

The footwear you choose for
today's snow and ice may
determine your footwear for
the next six weeks!

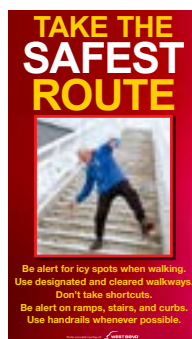
AR-0062



HAVE YOU
WINTERIZED YOUR
FEET?

Wear proper footwear for conditions.
Put your dress shoes on once inside.
Report icy areas, or shovel and spread
salt/sand.

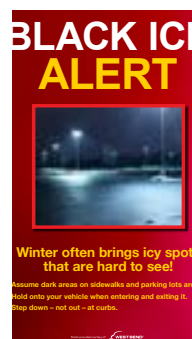
AR-0063



TAKE THE
SAFEST
ROUTE

Be alert for icy spots when walking.
Use designated and cleared walkways.
Don't take shortcuts.
Be alert on ramps, stairs, and curbs.
Use handrails whenever possible.

AR-0064



BLACK ICE
ALERT

Winter often brings icy spots
that are hard to see!
Become dark areas on sidewalks and parking lots are in
hold onto your vehicle when entering and exiting it.
Step down – not out – at curbs.

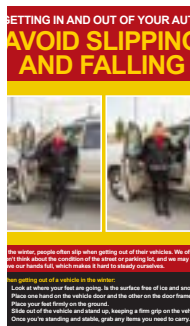
AR-0065



PARKING LOT
ALERT

Many people slip and fall in parking lots during the winter.
While we try to keep our parking lots clear of snow and ice,
occasionally emergency weather can make it difficult. Please be
alert and prevent slips and falls by:
• Heading out for and avoiding hidden patches of ice.
• Walking around snow that's melted and refrozen.
• Stepping away from tilted fence lines and
• walking around patches of packed snow.

AR-0066



GETTING IN AND OUT OF YOUR AUTO
AVOID SLIPPING
AND FALLING

The winter season often helps when getting out of their vehicles. We often
see people around the perimeter of the street and parking lot, and we see
that they are not walking safely. Please be alert and prevent slips and falls by:
• Heading out for and avoiding hidden patches of ice.
• Walking around snow that's melted and refrozen.
• Stepping away from tilted fence lines and
• walking around patches of packed snow.

AR-0067



FRESH SNOW
ALERT

Snowfalls may be beautiful, but they're also dangerous.
ALERT when snow falls.
Wear footwear appropriate for the conditions.
Keep small shoes, keeping your center of gravity over your feet.
Be aware of potential slip and fall hazards whenever:
• Snow is falling
• Temperatures rise above freezing during the day
and fall below freezing at night
• Slowing snow sticks to sidewalks and parking lots

AR-0068



REFREEZE
ALERT

Snow that melts and refreezes creates extra slips and falls with snow when
walking or parking lot may be clear when you first walk on it, it may be icy
when you return. Please be alert and prevent slips and falls by:
• Heading out for and avoiding hidden patches of ice.
• Walking around snow that's melted and refrozen.
• Stepping away from tilted fence lines and
• walking around patches of packed snow.

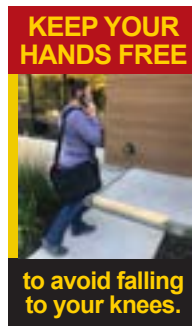
AR-0069



WINTER
DRIVING SAFETY

Keep driving on the roadways and
avoiding the shoulders. When you
are stuck in traffic, it's best to avoid
any possible. For those who are
stuck in traffic, it's best to avoid
any possible. For those who are
stuck in traffic, it's best to avoid
any possible.

AR-0071



KEEP YOUR
HANDS FREE

to avoid falling
to your knees.

AR-0118



WALK LIKE SAM THE PENGUIN
WINTER TIP FROM THE SAFETY COMMITTEE

KEEP THESE SAFETY TIPS IN MIND:
• Wear proper footwear.
• Watch where you step – obstructions are
sometimes hidden under the snow.
• Take designated walkways; don't take shortcuts.
• Help control ice and snow by shoveling
and spreading salt and/or sand.

AR-0177

Posters (Spanish)

11 x 17 inches



AR-0008-B



AR-0058a



AR-0060-B



AR-0065-a



AR-0068-a

AR-0162



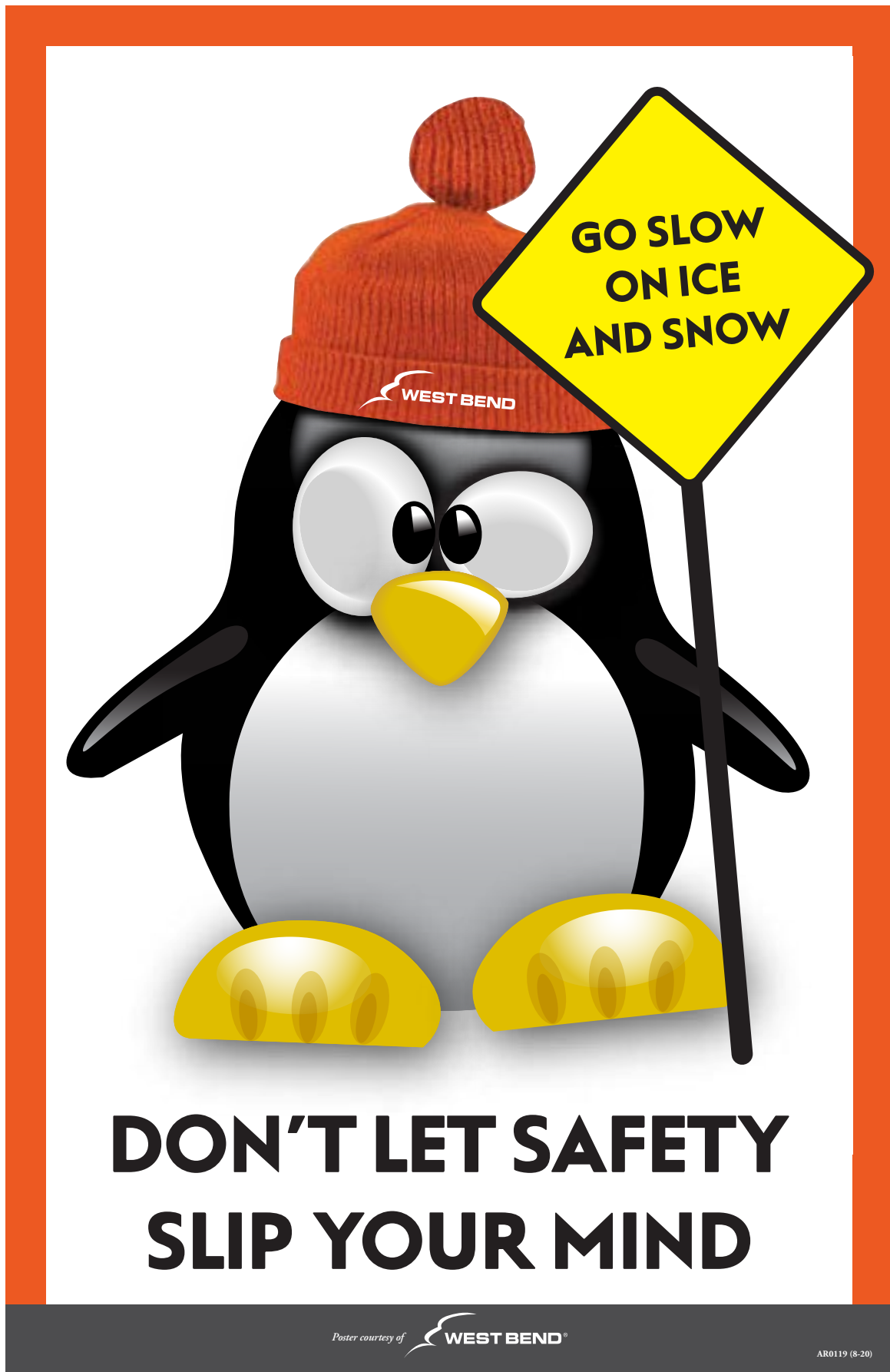
**PROTECT YOUR REAR –
USE PROPER ICE GEAR**

AR-0163



**CLEARING YOUR
WAY SAFELY HOME**

AR-0119



AR-0006

WALK LIKE **FREDDY...**



SLOW AND STEADY!



AR-0006 (10-20)

AR-0030

Don't Pay the Price



Look Out for Snow and Ice!

Report unsafe conditions to _____



AR-0030 (10-21)

AR-0030-B

Don't Pay the Price



Look Out for Snow and Ice!



AR-0030-B (10-21)

AR-0171



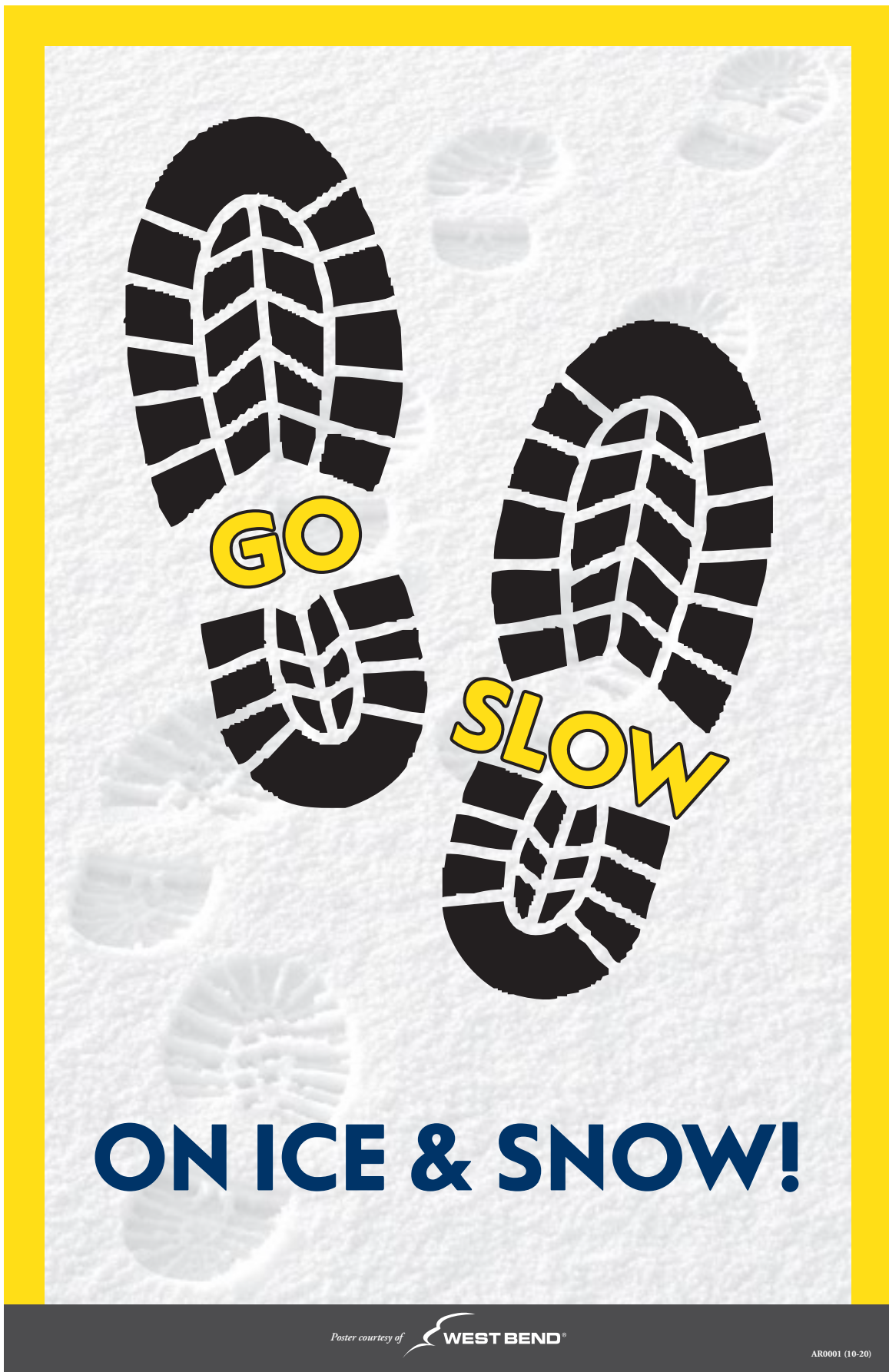
**SHAKE ICE MELT
TO PREVENT A WELT**

AR-0175



**FREDDY KNOWS THE TRICK,
SLOW YOUR STEPS
WHEN IT'S SLICK!**

AR-0001



AR-0008



AR-0008-B



AR-0044

Avoid slips, falls ...
and injuries this winter

Take my advice:

- Watch your step on slippery walkways.
- Walk, or waddle, like me, slowly shifting your weight from side to side.



AR-0044 (10-20)

AR-0057

WALK LIKE A PENGUIN ON ICE AND SNOW



**Wear appropriate footwear.
Point your toes slightly outward.
Take short steps, keeping your center
of gravity over your front leg.**

Poster provided courtesy of  **WEST BEND®**

AR-0057 (11-21)

AR-0058

TAKE IT SLOW ON ICE AND SNOW



**Wear appropriate footwear.
Walk on cleared paths; don't take short cuts.
Slow and steady will get you there;
rushing may lead to the emergency room.**

AR-0058a

TÓMELO CON CALMA EN HIELO Y NIEVE



Use calzado adecuado.

**Camine por senderos despejados; no tome atajos.
Lento y seguro llegará; apresurarse puede llevarle
a la sala de emergencias.**

AR-0059

TAKE IT SLOW ON ICE AND SNOW



Wear proper footwear.

**Watch where you step – obstructions are
sometimes hidden under the snow.**

Take designated walkways; don't take shortcuts.

**Help control ice and snow by shoveling
and spreading salt and/or sand.**

AR-0060

BE ALERT FOR REFREEZE



**Snow and ice on sidewalks and parking lots
can melt, then refreeze and create a hazard.**

**Use caution when walking
and exiting your car.**

AR-0060-B

ESTÉ ALERTA AL HIELO



**La nieve y el hielo en las aceras y los
estacionamientos pueden derretirse, luego
volver a congelarse, y eso crea un peligro.
Tenga cuidado al caminar y salir de su auto.**

AR-0061

If you don't like the weather, wait a minute and it will change.



Winter weather seems to change constantly.

Be aware of potential slip and fall hazards whenever:

- **Snow is falling**
- **Temperatures rise above freezing during the day and fall below freezing at night**
- **Blowing snow sticks to sidewalks and parking lots**

AR-0062

CHOOSE YOUR WINTER FOOTWEAR WISELY.



**The footwear you choose for
today's snow and ice may
determine your footwear for
the next six weeks!**

HAVE YOU WINTERIZED YOUR FEET?



**Wear proper footwear for conditions.
Put your dress shoes on once inside.
Report icy areas, or shovel and spread
salt/sand.**

AR-0064

TAKE THE SAFEST ROUTE



**Be alert for icy spots when walking.
Use designated and cleared walkways.**

Don't take shortcuts.

Be alert on ramps, stairs, and curbs.

Use handrails whenever possible.

AR-0065

BLACK ICE ALERT



**Winter often brings icy spots
that are hard to see!**

- Assume dark areas on sidewalks and parking lots are icy.
- Hold onto your vehicle when entering and exiting it.
- Step down – not out – at curbs.

AR-0065a

ALERTA DE HIELO NEGRO



**En el invierno, ¡suele haber
puntos helados difíciles de ver!**

- Considere que las zonas oscuras en las aceras y los parqueaderos están cubiertas de hielo.
- Sosténgase de su vehículo cuando entre o salga de él.
- Bájese – no salga – en los bordillos.

AR-0066

PARKING LOT ALERT



Many people slip and fall in parking lots during the winter.

While we try to keep our parking lot clear of snow and ice, constantly changing weather can make it difficult. Please be alert and prevent slips and falls by:

- Watching out for and avoiding hidden patches of ice;
- Walking around snow that's melted and refrozen;
- Staying away from drifted frozen snow; and
- walking around patches of packed snow.

AR-0067

GETTING IN AND OUT OF YOUR AUTO **AVOID SLIPPING AND FALLING**



In the winter, people often slip when getting out of their vehicles. We often don't think about the condition of the street or parking lot, and we may also have our hands full, which makes it hard to steady ourselves.

When getting out of a vehicle in the winter:

1. Look at where your feet are going. Is the surface free of ice and snow?
2. Place one hand on the vehicle door and the other on the door frame.
3. Place your feet firmly on the ground.
4. Slide out of the vehicle and stand up, keeping a firm grip on the vehicle.
5. Once you're standing and stable, grab any items you need to carry.

AR-0068

FRESH SNOW ALERT



Snowfalls may be beautiful, but they're also dangerous.

BE ALERT when snow falls:

- Wear footwear appropriate for the conditions.
- Take small steps, keeping your center of gravity over your feet.
- Pay special attention to ramps, stairs, and curbs. Use a handrail if possible.
- Watch for hidden obstructions under the snow.

AR-0068a

ALERTA DE NEVADA RECIENTE



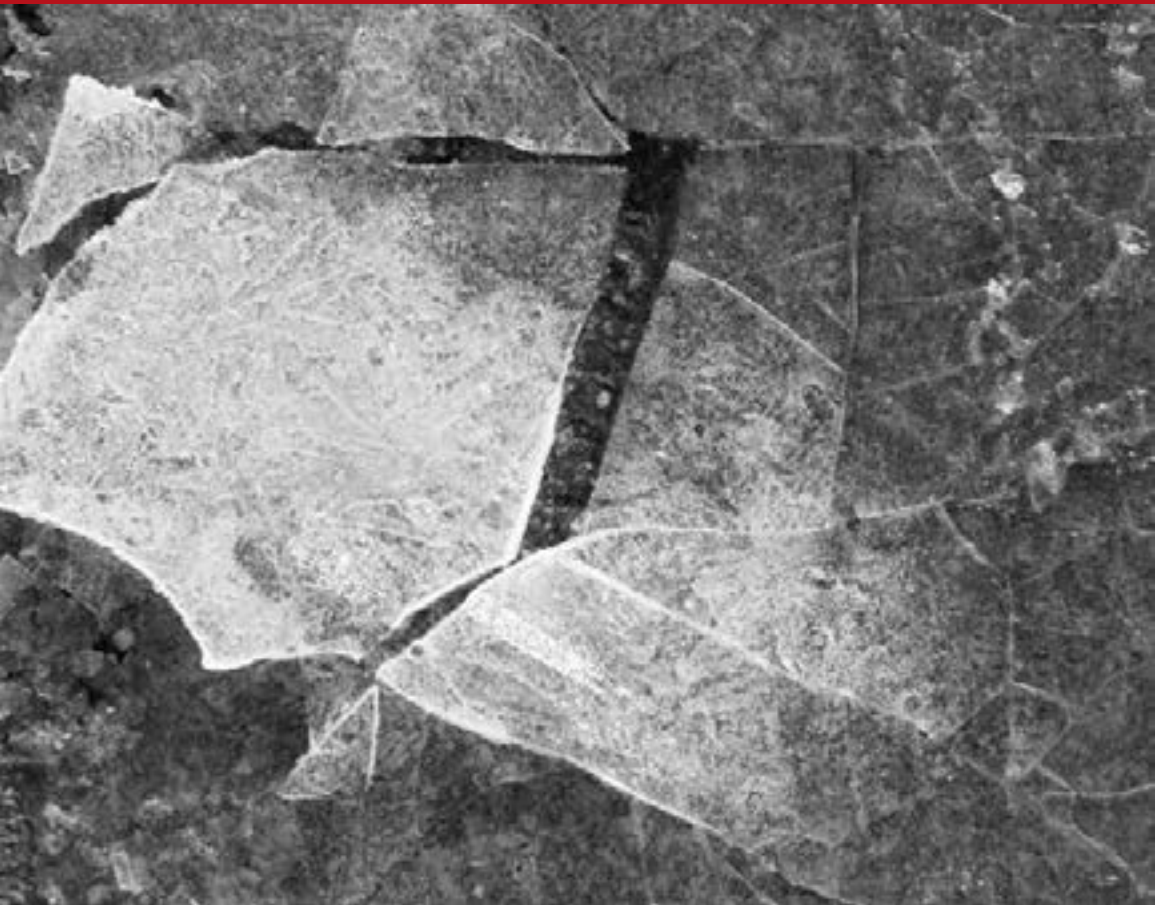
Las nevadas pueden ser bellas, pero también son peligrosas.

MANTENTE ATENTO en caso de nevada:

- Utiliza un calzado que sea adecuado a las condiciones del tiempo.
- Da pasos cortos manteniendo el centro de gravedad en tus pies.
- Pon atención a las rampas, escaleras y bordillos. Utiliza el pasamanos cuando puedas.
- Ten cuidado con los obstáculos ocultos bajo la nieve.

AR-0069

REFREEZE ALERT



Snow/ice that melts and refreezes causes many slips and falls each winter. While a sidewalk or parking lot may be clear when you first walk on it, it may be icy later on. To avoid the hazards of refreeze, be alert in areas where it can occur:

- On a sidewalk where the snow is close to the edge;
- Where a roof drains and discharges onto a walkway;
- Near a pile of snow or where the runoff flows;
- Near curbs/gutters; and
- Where there are water puddles in parking lots or on sidewalks.

Poster provided courtesy of



AR-0069 (10-20)

AR-0071

WINTER DRIVING SAFETY

Winter driving can be hazardous and scary, especially in the Midwest where we can get a lot of snow and ice. When the weather gets frightful, it's best to avoid driving if possible. For those who need to get behind the wheel, the National Highway Traffic Safety Administration provides these safety tips.



PREPARE FOR THE TRIP, PROTECT YOURSELF AND YOUR PASSENGERS AND PREVENT CRASHES ON THE ROAD.

- 1** Always look and steer where you want to go.
- 2** Wear your seatbelt.
- 3** Fill up your windshield wiper fluid.
- 4** Keep extra distance between you and other vehicles.
- 5** The best way to survive a skid on a snowy road is to avoid getting into one in the first place. In the event of a skid, ease off the gas, don't break until the car is under control, and carefully steer in the direction you want the front of the car to go.
- 6** Make sure you can see and be seen.
- 7** Accelerate slowly.
- 8** Watch the weather.
- 9** Slow down!
- 10** Put a winter emergency kit in your vehicle.
- 11** Plan your route.
- 12** Keep your tires properly inflated to the correct tire pressure.
- 13** If you're on the job providing transportation services and you experience problems, follow the accident policy and report.

AR-0118

KEEP YOUR HANDS FREE



to avoid falling to your knees.

Poster provided courtesy of



AR-0118 (10-21)

AR-0177



WALK LIKE SAM THE PENGUIN:

WINTER TIP FROM THE SAFETY COMMITTEE

As we all know, the winter season brings snow and icy weather conditions. To prevent as many trips, slips and/or falls as we can due to the bad weather, the best defense is to prepare sooner rather than later! Walking to and from a parking lot or on the street, and around entry ways during the winter requires special attention to avoid an event (slip/trip/fall). No matter how well the snow and ice are removed from those areas, we will still encounter some slippery surfaces when walking outdoors. It's important to constantly be aware of these dangers and to learn to walk more safely during this time. Please keep the following winter tips in mind and remember safety first.

KEEP THESE SAFETY TIPS IN MIND:

- Remember Safety Always Matters(SAM) during your travels.
- Assume that all wet, dark areas on pavements are slippery and icy.
- Avoid boots or shoes with smooth soles and heels. Wear shoes or boots that provide traction on snow and ice or slip a pair of ice cleats over them.
- Use special care when entering and exiting vehicles.
- Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous.
- Point your feet out slightly like a penguin and shuffle. Spreading your feet out slightly improves your stability.
- Bend slightly and walk flat-footed with your center of gravity directly over your feet as much as possible.
- Extend your arms out to maintain your balance.
- When walking on steps, always use the hand railings and plant your feet firmly on each step.
- GO S-L-O-W-L-Y!! When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction.
- At night, wear bright clothing or reflective gear, as dark clothing will make it difficult for motorists to see you.
- Wear sunglasses during the day to help you see better and avoid hazards.
- When you observe hazards, take action by contacting Facilities or, if possible, salt the area.

Poster provided courtesy of  **WEST BEND®**

AR0177 (10-20)

Window Clings

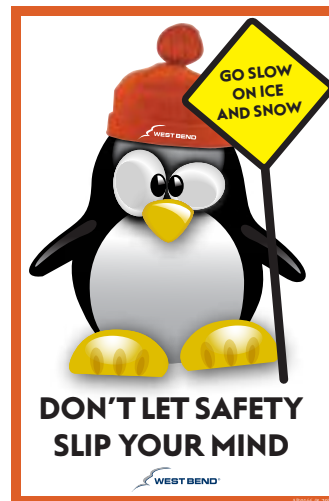
6 x 9 inches



AR-0019



AR-0022



AR-0146



AR-0082



AR-0082-B



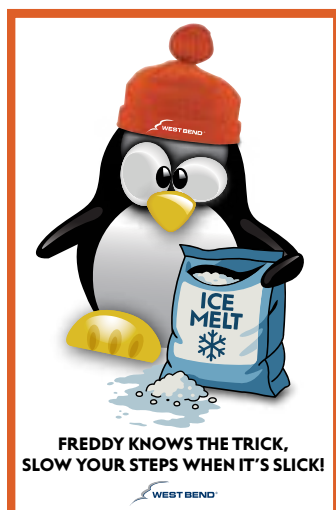
AR-0164



AR-0165



AR-0170



AR-0176

AR-0019

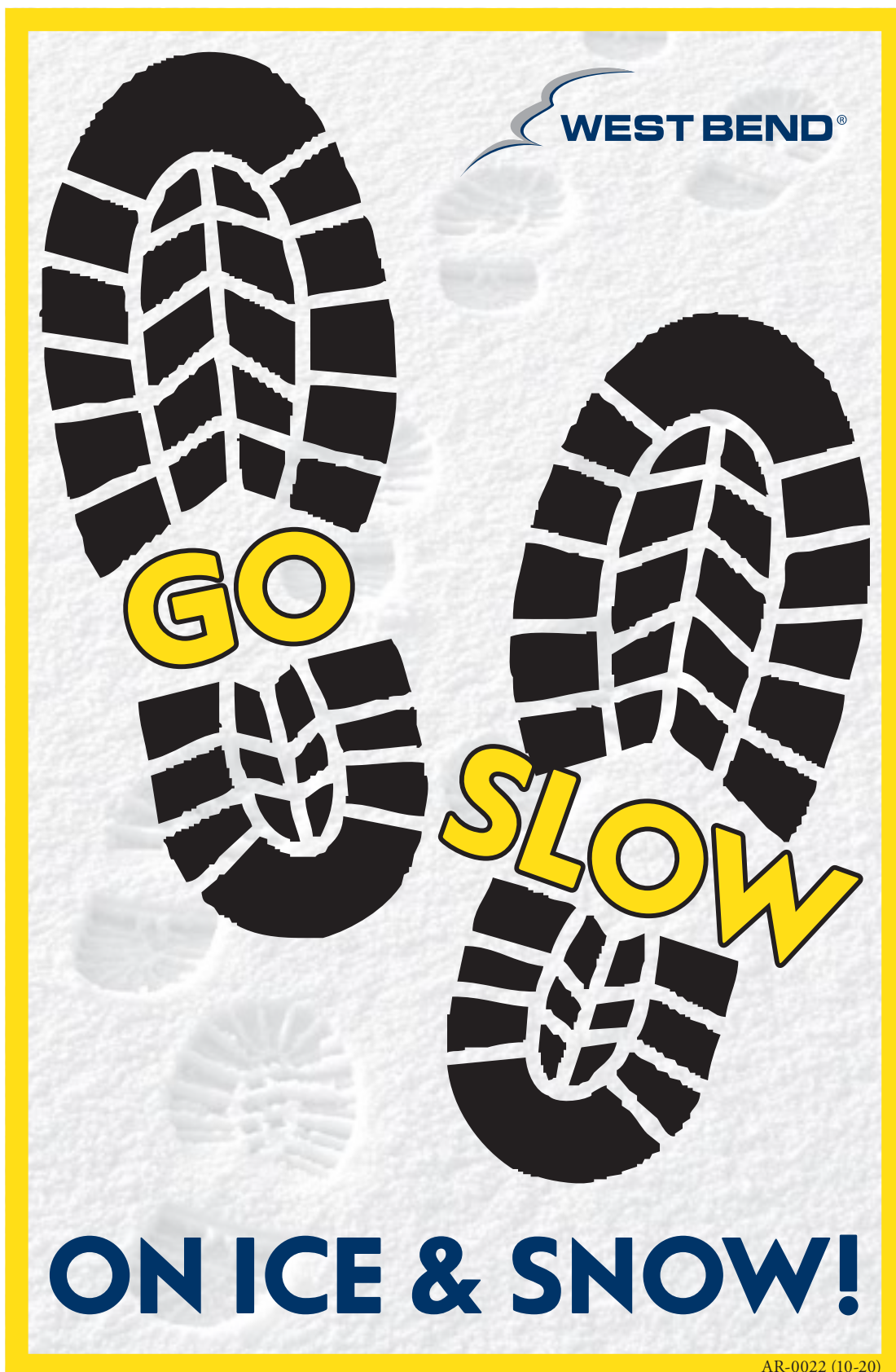
WALK LIKE **FREDDY...**



SLOW AND STEADY!



AR0019 (10-20)



AR-0022 (10-20)

AR-0146



AR0146 (8-20)

Don't Pay the Price



Look Out for Snow and Ice!

Report unsafe conditions to _____



AR-0082 (10-21)

AR-0082-B

Don't Pay the Price



Look Out for Snow and Ice!



AR-0082-B (10-21)

AR-0164

Protect Your Rear



Use Proper Ice Gear



AR-0164 (10-22)

Clearing Your Way



Safely Home



AR-0165 (9-22)

Shake Ice Melt



To Prevent a Welt



AR-0170 (9-23)

AR-0176



**FREDDY KNOWS THE TRICK,
SLOW YOUR STEPS WHEN IT'S SLICK!**



AR-0176 (10-25)

SHAKER BOTTLE STICKER

4.25 x 5.5 inches



Ingredients:

AR-0020 (10-20)

AR-0020

YARD SIGN

24 x 18 inches



AR-0167