

WINTER SLIP AND FALL PREVENTION RESOURCES



Posters pages 2-27
11 x 17 inches

Window Clings pages 28-35
6 x 9 inches

Shaker Sticker page 37
4.25 x 5.5 inches



Posters

11 x 17 inches



AR-0162



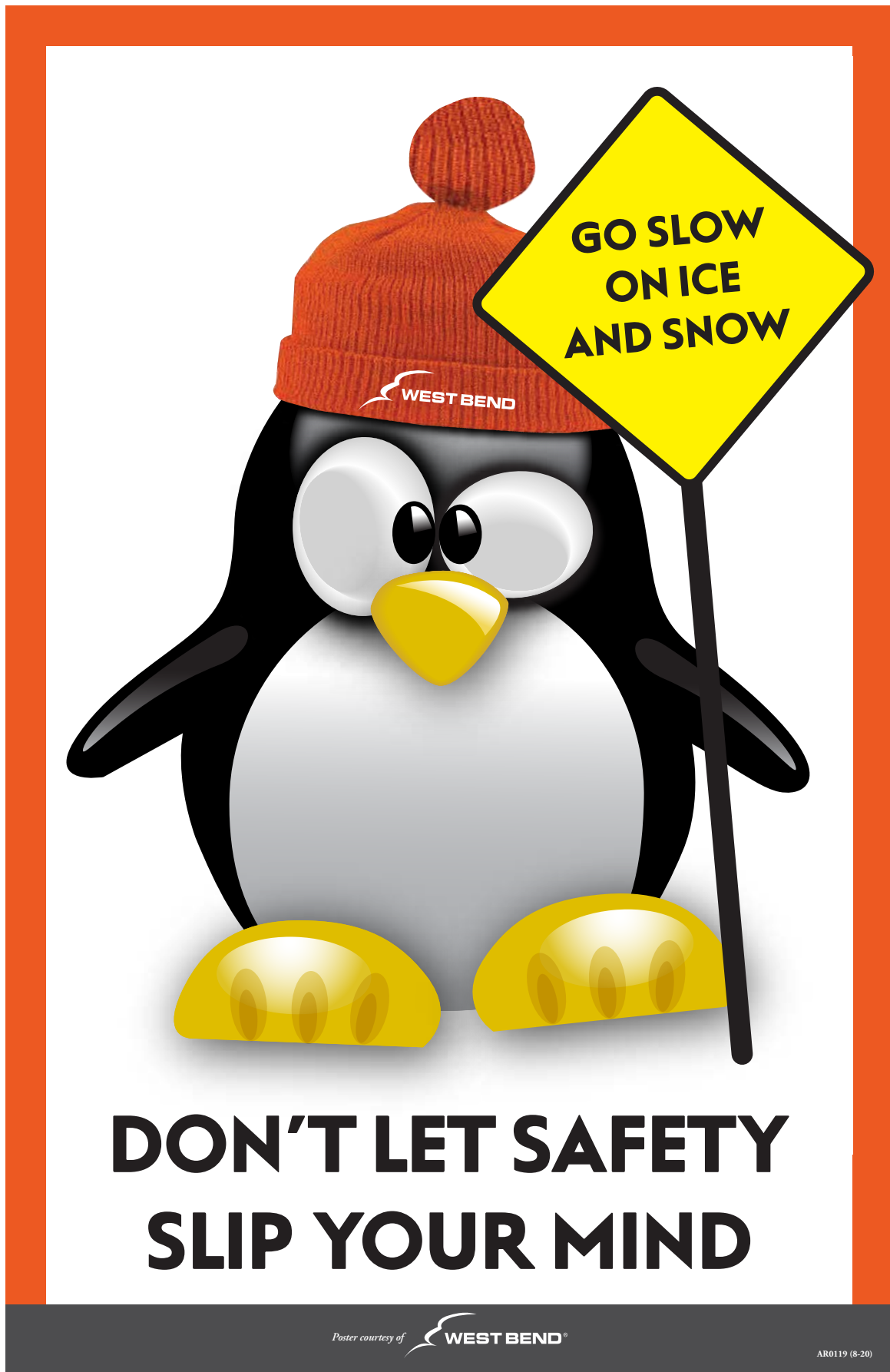
**PROTECT YOUR REAR –
USE PROPER ICE GEAR**

AR-0163



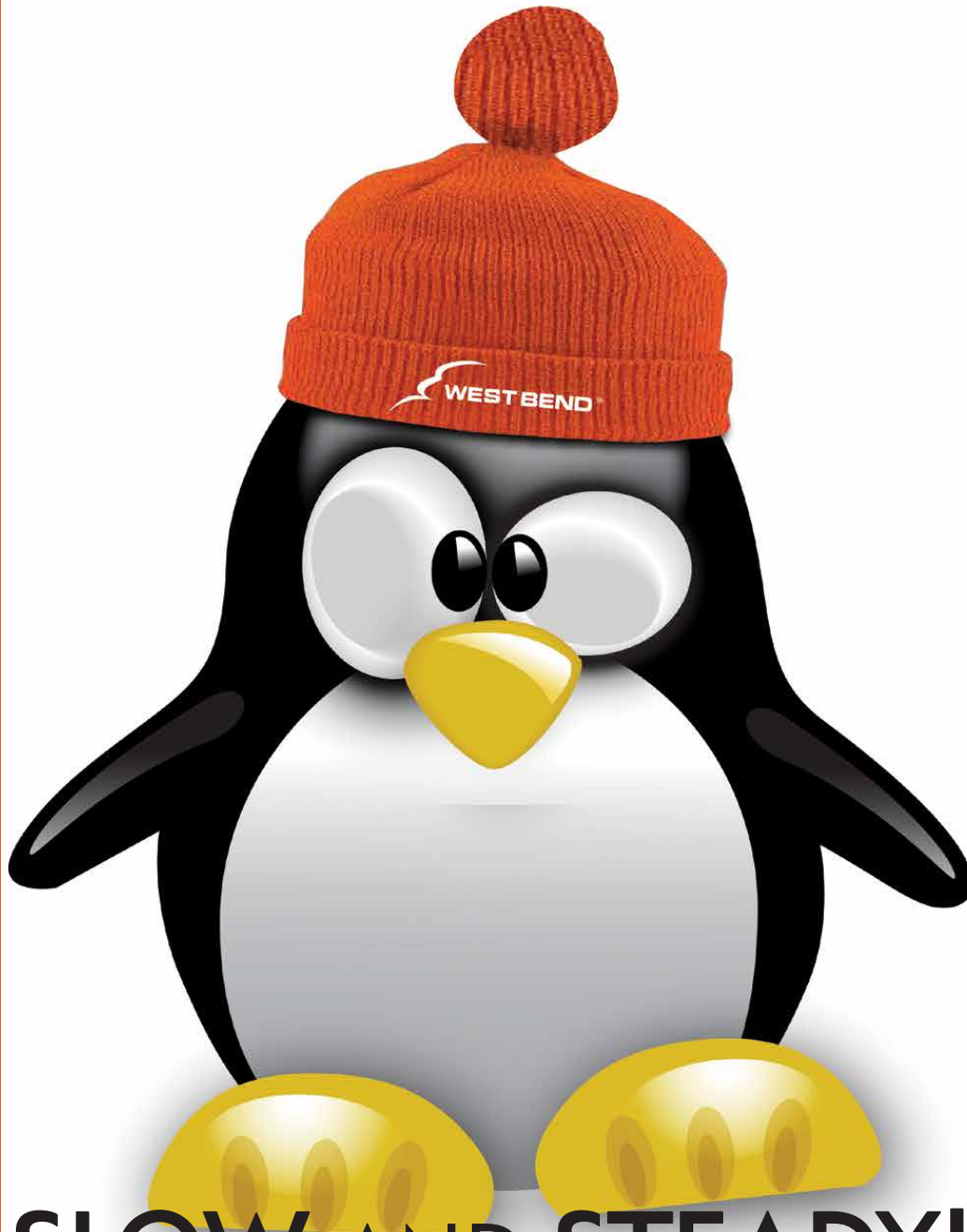
**CLEARING YOUR
WAY SAFELY HOME**

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!



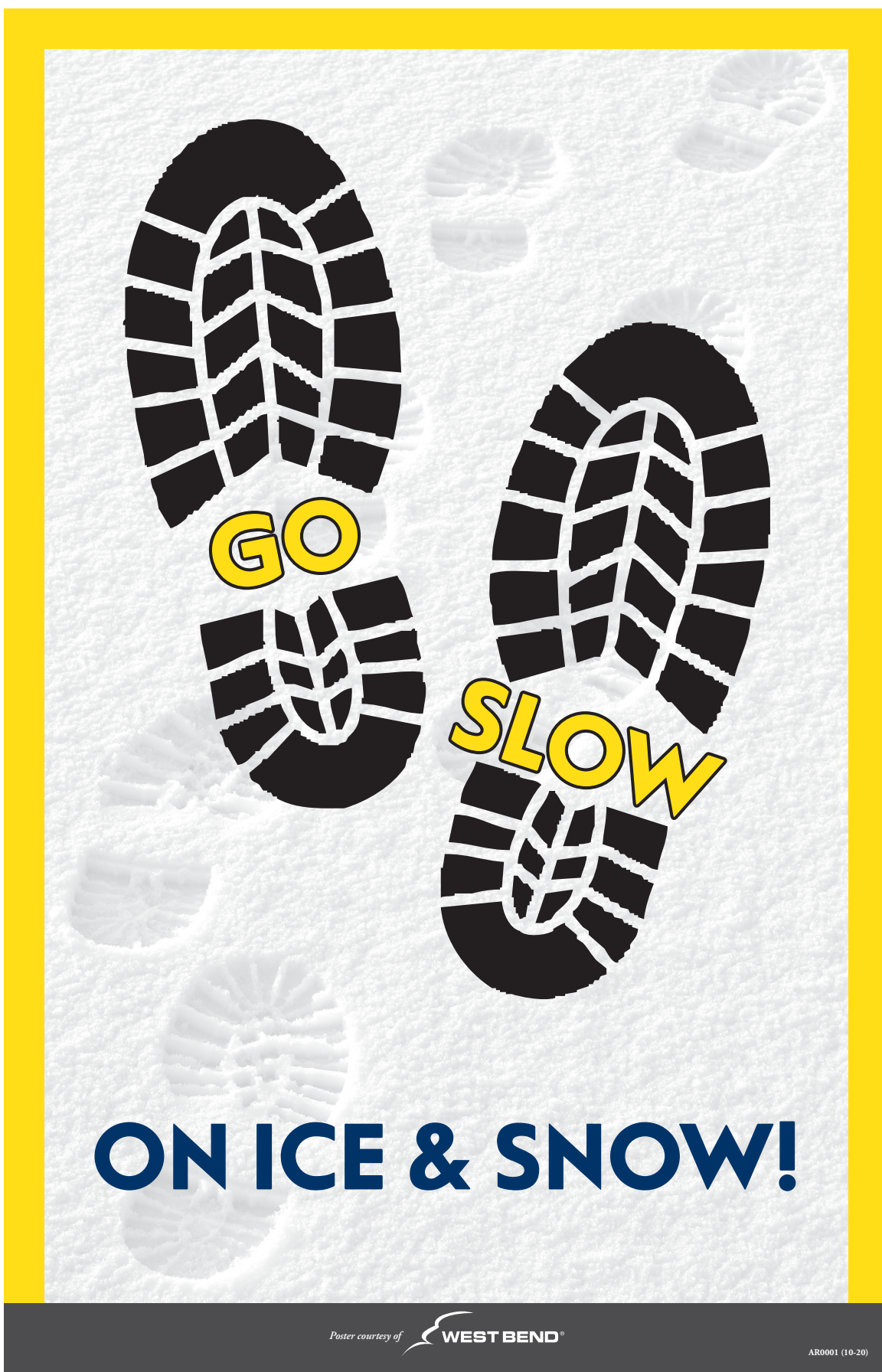
AR-0030-B (10-21)

AR-0171



**SHAKE ICE MELT
TO PREVENT A WELT**

AR-0001



Poster courtesy of  WEST BEND®

AR0001 (10-20)

AR-0008



Poster provided courtesy of



AR-0008 (10-20)

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-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-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!**

AR-0063

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-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



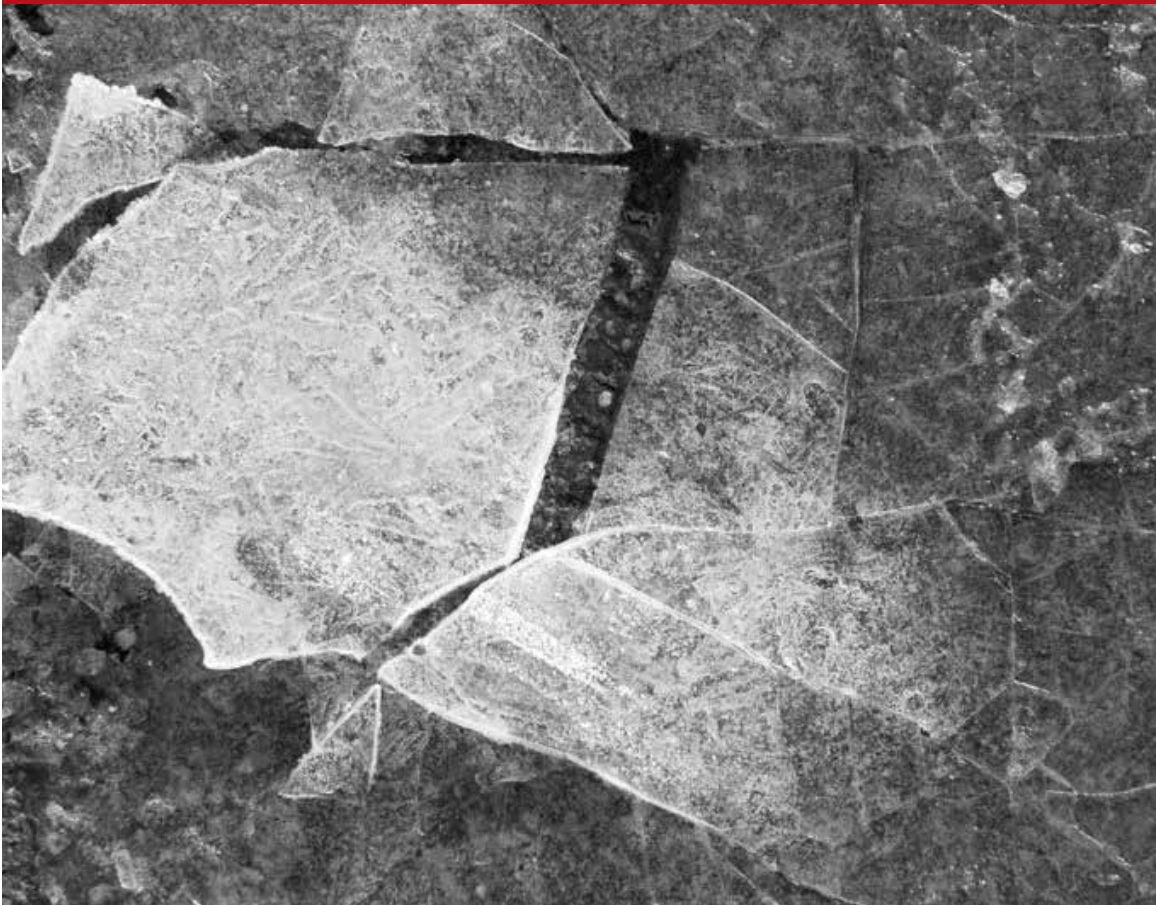
Snowfalls may be beautiful, but they're also dangerous.

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-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)

Window Clings

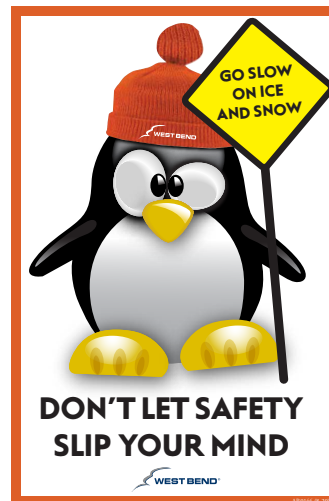
6 x 9 inches



AR-0019



AR-0022



AR-0146



AR-0082



AR-0082-B



AR-0164



AR-0165



AR-0170

AR-0019

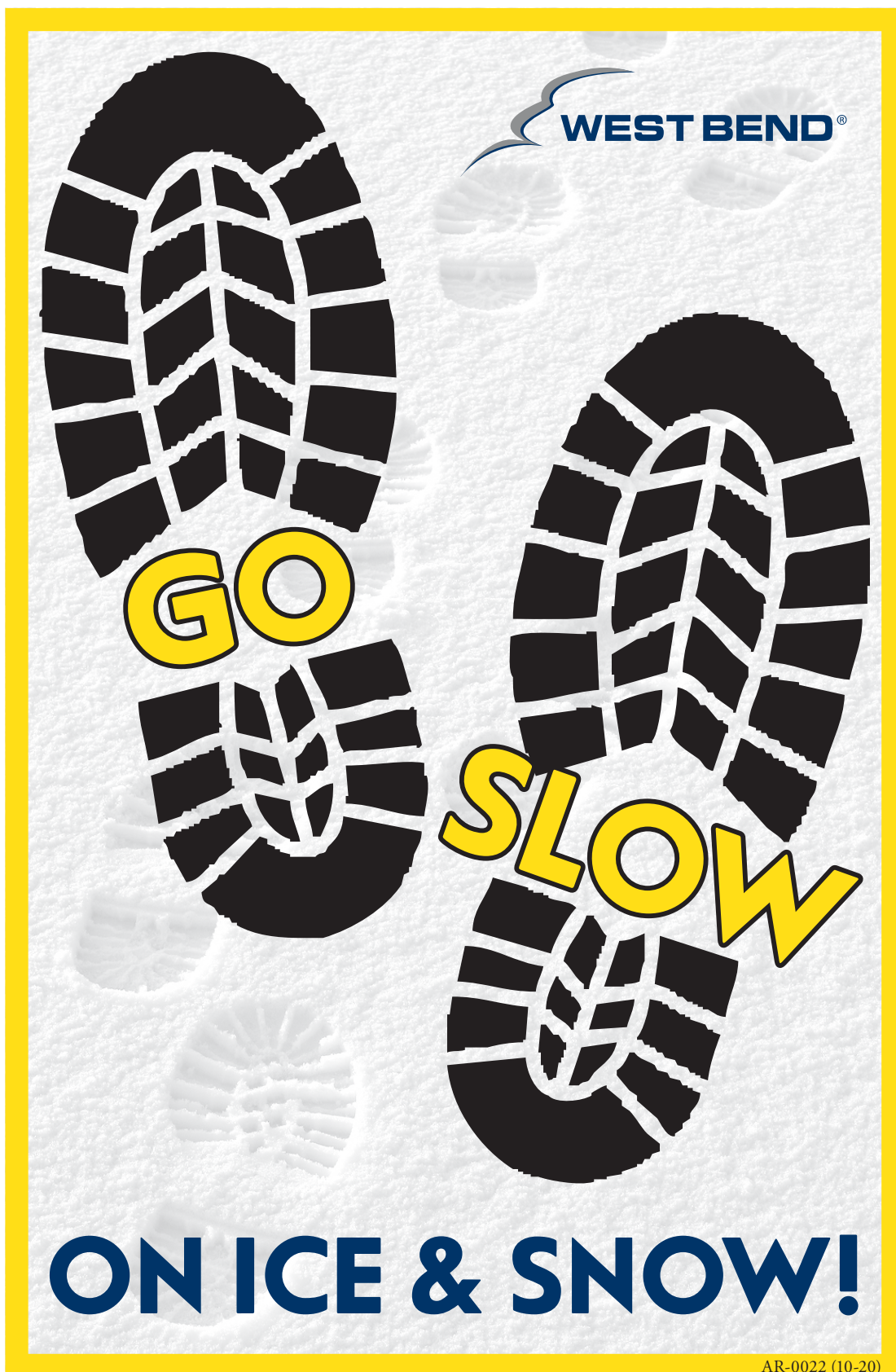
WALK LIKE **FREDDY...**



SLOW AND STEADY!



AR0019 (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)

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)

AR-0170

Shake Ice Melt



To Prevent a Welt



AR-0170 (9-23)

SHAKER BOTTLE STICKER

4.25 x 5.5 inches



Ingredients:

AR-0020 (10-20)

AR-0020