

# INDUSTRIAL SPORTS MEDICINE WINTER SAFETY



## Winter walking safety tips to keep your feet on the ground!



Cold temperatures are a cue that fall related injuries in icy or snowy conditions are upon us. If you've had the pleasure of scraping yourself up off the ground you might remember that things progress quickly from upright to tail over teakettle.

Prevention from falling is your most important defense to an unwanted injury. Data from Liberty Mutual's Workplace Safety Index routinely places falls on the same level (such as trips and slips) as the second leading cause of serious disabling workplace injuries. Slip, trip, and fall prevention is no joke.

Snowy, icy sidewalks and parking lots were the culprit in 80 percent of falls - but fear not! You do not need to add yourself to this population pool if you follow some simple steps and use extra caution.

### Arm Yourself :



**Wear grippy shoes:** Avoid leather or flat bottomed shoes and instead opt for thick tread rubber soles. You may also want to think about investing in a pair of ice grippers that slip over the sole of your shoe.



**Be a baller:** Sunglasses and a cane with an ice pick on the end can cut down on any glare by the sun and give you added stability on slippery surfaces.



**Pad up:** A larger, puffy coat may cushion your fall. Bonus, they also keep you toasty and dry.



**Sport warm gloves:** Keeping your hands outside your pockets is important for balance. It increases your center of gravity.



**Be skeptical of pavement:** Ever heard of black ice? It's a thin layer of ice over pavement that is not acutely visible, but will sweep you off your feet if you are not cautious.

### Walking In a Winter Wonderland:



**Try the Penguin:** Take a tip from our sure-footed friends. Use short steps, flat feet, loose knees, and a wide base of support with arms out. This keeps your front foot within your center of gravity.



**Shuffle shuffle shuffle:** Keep both feet on the ground while walking across icy surfaces. Skate over the surface with short shuffle steps.



**Use a hand rail:** Don't be proud in times like these. Even if you are sure-footed, if there is a handrail, use it!



**If you do have to fall...do it with grace:** The tuck and roll is key. This technique aims to keep our more fragile areas of the body like wrists tucked away while targeting the contact on more cushioned areas such as our hips, thighs, and shoulders.

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent discomfort. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry 1 company at a time by helping 1 person at a time. If you have symptoms of pain or discomfort, see your Work Right NW Injury Prevention Specialist!