

MONTHLY SAFETY NEWSLETTER

NIPISSING UNIVERSITY



SLIP, TRIP, AND FALL PREVENTION

SLIDE SAFELY INTO THE WINTER SEASON

Slips, trips, and falls are the **most common workplace incidents** during the colder and winter seasons. Here is how to prevent injury and keep yourself upright:

SLIPS AND TRIPS: A PRIMER

Ground conditions during the cold and winter months become more **unstable** and **saturated by water**, which **worsen when they freeze** to leave icy patches, bumps, and holes on the ground's surface. Additionally, environmental conditions like **fallen leaves, fog, rain, and snow** could all affect and **obscure** our immediate view of these potential hazards.

Situational awareness is our ability to **appreciate, observe, and react** to the environment around us. When walking outside in the parking lot or on our sidewalks, be extra mindful to **look at where you walk** and to **be conscious of potentially hidden hazards**, focusing on your path and being prepared for slippery conditions. When possible, **stay on treated (salted/sanded) paths**.

When walking on slippery surfaces, take **short and slow steps** while **turning your feet out**, like a penguin; this helps ensure your feet are flat to the ground and your stance is more stable. Keep your **arms out to the side** and keep your **torso over your feet** to keep your center of gravity in a stable condition.

Ensure that you are **adequately dressed** for the conditions and wearing **footwear with good traction**. **Avoid distractions**, such as walking while looking at a cellphone. Attempt to carry any bags or equipment towards the center of your body to **keep yourself balanced**.

FALLING (WITH STYLE)

If you begin to fall, follow these tips to limit a potential injury:

- **Tuck in your chin** towards your chest
- **Place your arms up around your ears** to protect your head
- **Keep your body limp** and your knees, wrists, and elbows **loose and bent**
- **Do not** try to break your fall with your hands or knees

If you slip, trip, or fall on campus, even if it is a near miss, please fill out an **Incident and Injury Reporting e-Form!**

WORKER'S RIGHTS

KNOW

You have the right to know about health and safety matters in the workplace.

PARTICIPATE

You have the right to participate in conversations and decisions that could affect your health and safety in the workplace.

REFUSE

You have the right to refuse work that could affect your health and safety in the workplace.

