

January is
CIRMA's



It is no coincidence: The month of January sees the highest number of injuries from slips and falls—a striking 55% higher than the average for municipal employees.

Outdoors, snow, ice, and freezing rain all contribute to slip and fall injuries. Shorter daylight hours reduce visibility, and many employees arrive or leave work before dawn or after dark. Winter storms may leave sidewalks icy or snow covered. Indoors, puddled water from snowy boots and shoes creates hazardous slick spots in hallways and entryways.

Fortunately, even in the worst weather, these **painful, often debilitating accidents can be prevented.** A few simple steps can help keep everyone on their feet:

- 1. Wear proper footwear** — shoes and boots with treaded soles and low or no heels are best!
- 2. Keep floors, walkways, and stairs clean, dry, and clutter-free.** If you notice wet or icy areas, notify your facilities staff!
- 3. Use the handrails** on stairs and ramps, especially on outdoor steps where they may be icy or slick. Keep your hands free by using a backpack or shoulder bag to carry items.
- 4. Light up the space!** Make sure outdoor and indoor areas are brightly lit.

Over 50% of slip and fall injuries are caused by slippery walking surfaces.

Over 25% are caused by poor footwear.

Most can be prevented!

Slip and Fall **Awareness** month

