



Seasonal Safety

Winter Preparedness

Preventing Injuries Due to Winter Weather

Not only can you experience slip and falls due to snow and ice, but exposure to cold can cause frostbite or hypothermia and become life-threatening. Infants and elderly people are most susceptible. Extreme cold means temperatures well below zero.

Learn how you can avoid serious slip & fall injuries as well as stay safe and warm in the cold weather.

Know the Dangers of Frostbite and Hypothermia

Frostbite is damage to body tissue caused by extreme cold. A wind chill of -20° Fahrenheit (F) will cause frostbite in just 30 minutes. Frostbite causes a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. Get medical help immediately. If you must wait for help, slowly re-warm affected areas.

Hypothermia is a condition brought on when the body temperature drops to less than 95°F. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. Take the person's temperature. If below 95°F, seek medical care immediately.

Avoid Slips, Trips, and Falls When Walking on Ice



Learn the Penguin Walk:

- Point your feet out slightly like a penguin
- Bend your knees and walk flat-footed
- Extend your arms out to the sides for balance
- Take short steps or shuffle



Ice Safety Tips:

- Be aware of black ice
- Wear non-slip footwear that provides traction
- Step down, not out from curbs
- Carry only what you can
- Take special care when getting in and out of vehicles



Treating Frostbite or Hypothermia If Medical Care Is Not Available:

Warm the person slowly, starting with the body core. Warming the arms and legs first drives cold blood toward the heart and can lead to heart failure.

If necessary, use your body heat to help. Get the person into dry clothing and wrap in a warm blanket covering the head and neck.

Do not give the person alcohol, drugs, coffee or any hot beverage or food. Warm broth is the first food to offer.

Slips, Trips, and Falls Stats:

Slips, trips and falls are a major cause of workplace injuries.

- 15% of all workplace accidents are slips, trips and falls*
- 25,000 slip, trip and fall accidents occur daily in the US*

* National Safety Council

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