

# Changing Seasons Means Changing Walking Conditions.



# Take Care.....

...Taking That  
First Step From  
Your Vehicle!



Slips and falls occur when exiting a vehicle because of surface changes, balance change, uneven or slippery surfaces, and distractions. **Take Care: Keep 2-hand contact with the car until sure of solid footing. Pay attention to your environment.**

# Take Care.....

...To Wear  
Footwear  
Appropriate For  
Conditions



Smooth-soles and high-heels (many cowboy boots have both!) do not provide good traction during fall & winter conditions in hilly, chilly Missoula. **Take Care: Wear non-slip or lug soled shoes or use traction devices on your footwear while walking outside.**

# Take Care.....



...To Walk Like  
A Duck!



Fast, long steps with fully extended legs makes you vulnerable to slips. **Take Care: Walk like a duck for greatest stability!** Lower your center of gravity by keeping knees flexible, point toes out slightly, keep feet directly beneath you with small, slow steps and keep hands low, slightly forward and to the sides. The slicker the conditions, the more pronounced the **position**. (Yes, I know ducks don't have hands!)

# Take Care...



...To Wear Traction Devices for Icy and Snowy Conditions

Traction Devices maximize friction coefficient, and minimize fall potential.

**Take Care: These devices help but do not make you invincible! Follow all other precautions for slick conditions and *do not* wear the traction devices inside!**

# Take Care.....

...Going Up and  
Down Stairs.



Stairways are common slip, trips and fall areas and deserve extra attention. **Take Care: Always use the handrail while going up and down stairs. Avoid distractions such as talking, using cell phones or reading while walking on stairways. Use elevators if carrying items.**



# Take Care....



*...Inside To Avoid Common Slip, Trip, and Fall Hazards.*



Wet floors & curled rugs at entryways, open drawers, standing on chairs & poor housekeeping cause many unnecessary injuries. **Take Care: Be diligent about housekeeping, know your surroundings, carry small loads, and use the correct equipment for the job.**

# Take Care....

....To Notify Your Supervisor if:

- You are aware of any unsafe conditions.
- Receive a workplace injury, no matter how minor.



Conditions can change quickly, with your input we can address safety issues quickly too. **Take Care: Keep yourself, co-workers, and visitors safe by correcting conditions that you can or notifying your supervisor of any safety concerns.**