

Don't slip into winter

Wear your winter feet

Did you know?

- According to WCB-Alberta, 14 per cent of all slips, trips and falls occurred between October and December.¹
- 53 per cent of these reported slips were the result of slipping or losing balance on a flat floor.
- On average, approximately 10 per cent of all slips, trips and falls occurring between October and December are in parking lots. Workers' Compensation claims related to slips in parking lots cost approximately \$5,500 per claim.

Footwear can prevent slips

Proper footwear in the winter can prevent slips and injuries in the winter. Here are some tips to share with employees to reduce workplace injury.

- Wear winter or work boots with ankle support to help reduce slip-related injuries. During these early winter months, the most common injury is a sprain or strain, and the most frequent part of the body injured is the knee and lower back.
- Wearing the proper footwear for getting to work is as important as wearing the proper footwear while at work. Those in office positions or working from home should wear winter footwear while in transit to work and while walking through parking lots.
- Dress shoes and shoes with smooth soles may not have the grip required to prevent a slip while

walking through a parking lot and are best to be put on once safely inside.

- Lower temperatures impact the effectiveness of rubber on shoes or boots, that is why it's important to wear footwear with good traction.
- When working outdoors, cleats are only effective if worn properly and consistently. Cleats should be removed when entering a building or driving. Some cleats are slippery on tile and cement floors.

Shop talk for Supervisors

- Review how to identify and walk on slippery surfaces.
- Review daily/weekly changing conditions and how they impact the different work surfaces (e.g. note if new mats have been installed at entryways in preparation for winter).
- Discuss with workers what can be done to prevent a slip, and challenge workers to find other ways to prevent slips.
- Encourage the use of proper footwear while in transit to and from work, as well as at the worksite.

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¹ Statistics from the Alberta Workers' Compensation Board. Percentages based on average claim volume and cost from October 1 to December 31, for years 2017-2019.