

# SAFETYFIRST

INFORMATION DEDICATED TO DRIVER SAFETY

AHEAD OF  
THE CURVE

Safety Management  
Services Company, 2008

An affiliate of  
Cottingham & Butler

## Be Safe Out There

"You can lessen your likelihood of slips and falls by wearing appropriate footwear."



Cottingham & Butler  
TRANSPORTATION GROUP

## Winter Slips and Falls

Winter brings hazards (other than driving) to your job; hazards that can spell trouble for you if you are not mentally prepared and ready to react in a safe manner. Drivers are often involved in both motor vehicle accidents and winter slip-and-fall occurrences. While a lot of attention is given to preventing vehicular accidents that occur due to poor driving conditions, we frequently overlook *poor walking conditions*.

### Look Before You Step!

It doesn't matter what type of vehicle you operate, entering or exiting a vehicle is more hazardous when walking surfaces are slippery. *Look before you step!* Make sure you place your foot where there is adequate traction to support your weight. On sloping terrain, be especially careful. Hold onto the vehicle as you transfer your weight from standing to sitting. When entering/exiting your truck or standing/climbing on metallic steps or vehicle components, be careful as they may freeze up and not look slippery. DON'T jump from a vehicle or loading dock.

### Identify Hazardous Conditions

Whether you are carrying material or just walking, smaller steps lessen the likelihood of slips and falls. When using exterior stairways, hold onto handrails so you can catch yourself if a foot does slip. If you identify hazardous conditions that can be made safer, report them to minimize the possibility of someone else falling.

### Wear Appropriate Footwear

You can lessen your likelihood of slips and falls by wearing appropriate footwear. We all know that smooth leather soles are slippery and rubberized footwear provides more traction. Gloves allow you to grab onto metal railings without fear of your wet skin "freezing fast." Personal protective clothing really works, but only if it is available and used. While most of us don't expect to have our vehicle break down, it certainly is smart to carry warm clothing just in case. If you don't take care of yourself, it is unlikely that anyone else will.

**Remember...report all accidents  
to the safety department immediately!**