

WINTER SLIPS, TRIPS & FALL HAZARDS

Every year workers suffer from injuries as the result of winter related slips, trips and falls. Most of these incidents can be eliminated with the proper use of Ice Cleats.

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ICE CLEATS?**

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**HOW DO I
PROPERLY WEAR
ICE CLEATS TO
ELIMINATE WINTER
SLIPS, TRIPS AND
FALLS AT WORK
AND AT HOME?**



BC Forest Safety

Safety is good business

WINTER SLIPS, TRIPS & FALL HAZARDS



1. WHEN DO I NEED TO USE ICE CLEATS?

During winter, accumulations of snow and ice make walking out to our car in the morning or into your workplace a hazardous activity. Usually the first person at work is tasked with spreading sand or salt to minimize the slippery walkways. For various reasons sometimes this doesn't take place or the sand/salt mixture still left slippery sections on the walkways.

Additionally we sometimes fail to recognize that these same hazards exist at home and we're in a hurry to get in our vehicles and head to work.

During wintry weather using Ice Cleats on your boots helps to ensure that you have sufficient grip to avoid slipping and injuring yourself.

2. WHAT ARE THE DIFFERENT TYPES OF ICE CLEATS?

Ice cleats come in many forms and styles.



Flip Style that stay on your boots and are flipped up when not needed



Removable crampon style that are attached to your boots



Economical Ice Cleats that attach to your boot but can be removed

3. HOW DO I PROPERLY WEAR ICE CLEATS TO ELIMINATE WINTER SLIPS, TRIPS AND FALLS AT WORK AND AT HOME?

The activity being performed will determine what is the best type of Ice Cleat to wear.

1. For traveling to your vehicle and from your vehicle into work the flip style work best because they can be quickly flipped up out of the way but still on your boots for when you need them. Mobile Equipment operators may want to use these as well so that they can flip the ice cleats down after they get down from their equipment.
2. For workers spending a considerable amount of time outside on slippery surfaces both the crampon style and economical ice cleats are appropriate as long as they are removed when you go indoors or drive a vehicle.

Ice cleats will help to eliminate slips, trips and falls during wintry conditions if they are immediately available (flip style) or robust enough for extreme conditions that you may find outdoors (crampon or economical removable type).

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