

# WINTER SLIP AND FALL PREVENTION RESOURCES



**Posters** ..... pages 2-27  
*11 x 17 inches*

**Window Clings** ..... pages 28-35  
*6 x 9 inches*

**Shaker Sticker** ..... page 37  
*4.25 x 5.5 inches*



# Posters

## 11 x 17 inches

**PROTECT YOUR REAR – USE PROPER ICE GEAR**  
AR-0162

**CLEARING YOUR WAY SAFELY HOME**  
AR-0163

**DON'T LET SAFETY SLIP YOUR MIND**  
GO SLOW ON ICE AND SNOW  
AR-0119

**WALK LIKE FREDDY... SLOW AND STEADY!**  
AR-0006

**Don't Pay the Price**  
Look Out for Snow and Ice!  
Report unsafe conditions to  
AR-0030

**Don't Pay the Price**  
Look Out for Snow and Ice!  
AR-0030-B

**SHAKE ICE MELT TO PREVENT A WELT**  
AR-0171

**ON ICE & SNOW!**  
GO SLOW  
AR-0001

**THINK TWICE WHEN THERE'S SNOW AND ICE!**  
AR-0008

**Avoid slips, falls ... and injuries this winter**  
Take my advice:  
• Watch your step on slippery walkways.  
• Walk, or waddle, like me, slowly shifting your weight from side to side.  
AR-0044

**WALK LIKE A PENGUIN ON ICE AND SNOW**  
Wear appropriate footwear. Point your toes slightly outward. Take short steps, keeping your center of gravity over your front leg.  
AR-0057

**TAKE IT SLOW ON ICE AND SNOW**  
Wear appropriate footwear. Walk on cleared paths; don't take short cuts.  
Slow and steady will get you there; rushing may lead to the emergency room.  
AR-0058

**TAKE IT SLOW ON ICE AND SNOW**  
Wear proper footwear. Watch where you step – obstructions are sometimes hidden under the snow. Take designated walkways; don't take shortcuts. Help control ice and snow by shoveling and spreading salt and/or sand.  
AR-0059

**BE ALERT FOR REFREEZE**  
Snow and ice on sidewalks and parking lot can melt, then refreeze and create a hazard. Use caution when walking and exiting your car.  
AR-0060

**If you don't like the weather, wait a minute and it will change.**  
Be aware of potential slip and fall hazards whenever:  
• Snow is falling.  
• Temperatures rise above freezing during the day and fall below freezing at night.  
• Blowing snow sticks to sidewalks and parking lots.  
AR-0061

**CHOOSE YOUR WINTER FOOTWEAR WISELY.**  
The footwear you choose for today's snow and ice may determine your footwear for the next six weeks!  
AR-0062

**HAVE YOU WINTERIZED YOUR FEET?**  
Wear proper footwear for conditions. Put your dress shoes on once inside. Report icy areas, or shovel and spread salt/sand.  
AR-0063

**TAKE THE SAFEST ROUTE**  
Be alert for icy spots when walking. Use designated and cleared walkways. Don't take shortcuts. Be alert on ramps, stairs, and curbs. Use handrails whenever possible.  
AR-0064

**BLACK ICE ALERT**  
Winter often brings icy spots that are hard to see!  
• Assume dark areas on sidewalks and parking lots are ice.  
• Hold onto your vehicle when entering and exiting it.  
• Stop down – not out – at curbs.  
AR-0065

**PARKING LOT ALERT**  
Many people slip and fall in parking lots during the winter.  
While we try to keep our parking lot clear of snow and ice, we cannot guarantee weather or create a different. Please use caution and wear proper shoes and safety gear:  
• Watch for ice and snow in hidden patches of ice.  
• Walking around snow that is melted and refrozen.  
• Stepping away from cleared areas and walking around patches of packed snow.  
AR-0066

**GETTING IN AND OUT OF YOUR AUTO AVOID SLIPPING AND FALLING**  
The winter months often slip when getting out of our vehicles. We often don't think about the condition of the ground or parking lot, and we may not get home safe. Don't forget to take these safety measures:  
• Look out of a vehicle in the winter.  
• Look at where your feet are going: is the surface free of ice and snow? Place one foot on the vehicle door and the other on the ground. Place your feet firmly on the ground.  
• Step out of the vehicle and stand up, keeping a firm grip on the vehicle. Once you're standing and stable, grab any items you need to carry.  
AR-0067

**FRESH SNOW ALERT**  
Snowfalls may be beautiful, but they're also dangerous. Snowfall when snow falls. Wear footwear appropriate for the conditions. Take small steps, keeping your center of gravity over your feet. Pay special attention to steep slopes and curbs. Use a handrail if possible. Watch for hidden obstructions under the snow.  
AR-0068

**REFREEZE ALERT**  
Snowfalls that melt and refreeze create icy spots and hills which can be dangerous. Clearing snow from sidewalks and parking lots may be clear when you first walk on it, it may be icy by the time you return or children. Be alert when returning to your vehicle.  
On a sidewalk when the snow is close to the edge. Shovel a foot down and then shovel under a window. Hear a pile of snow or where the handrail is. Wear sunglasses and. Watch for any water puddles in parking lots or on sidewalks.  
AR-0069

**WINTER DRIVING SAFETY**  
Keep driving on ice and snow and especially in the Midwest when you get a lot of snow. When other cars are stuck, it's best to avoid other cars. For more information, visit the National Highway Traffic Safety Administration's website for more safety tips.  
**REPAIR FOR THE YEAR: PROTECT YOURSELF AND YOUR PASSENGERS AND PREVENT CRASHES ON THE ROAD.**  
1. Check your tires for proper inflation.  
2. Check your brakes for proper function.  
3. Check your lights for proper function.  
4. Check your windshield wipers for proper function.  
5. Check your antifreeze level.  
6. Check your oil level.  
7. Check your battery for proper function.  
8. Check your belts for proper function.  
9. Check your seat belts for proper function.  
10. Check your air filters for proper function.  
11. Check your spark plugs for proper function.  
12. Check your water level.  
13. Check your oil level.  
14. Check your battery for proper function.  
15. Check your belts for proper function.  
16. Check your seat belts for proper function.  
17. Check your air filters for proper function.  
18. Check your spark plugs for proper function.  
19. Check your water level.  
20. Check your oil level.  
AR-0071

**KEEP YOUR HANDS FREE**  
to avoid falling to your knees.  
AR-0118

AR-0162



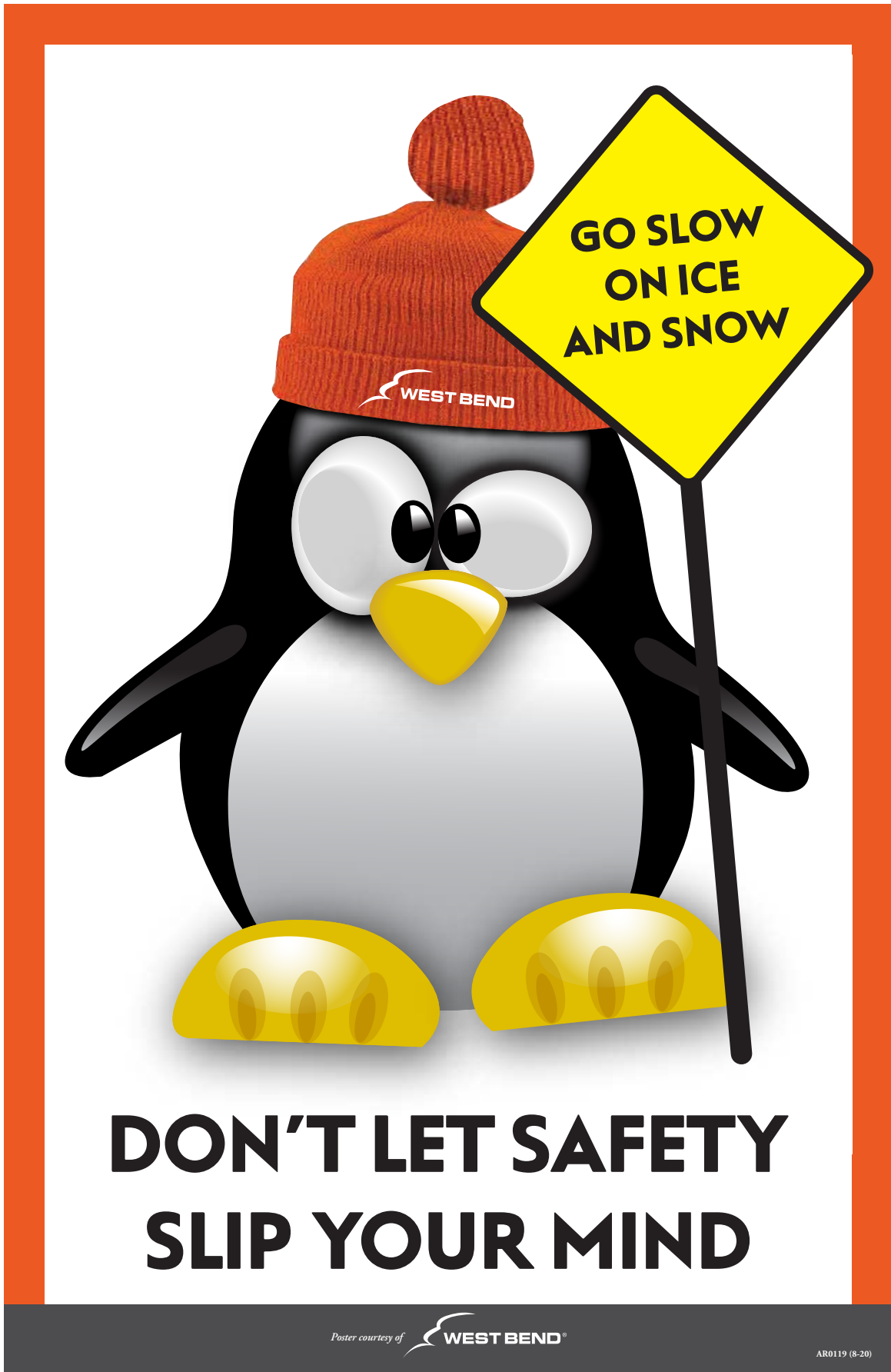
**PROTECT YOUR REAR –  
USE PROPER ICE GEAR**

AR-0163



**CLEARING YOUR  
WAY SAFELY HOME**

AR-0119



AR-0006

WALK LIKE **FREDDY...**



**SLOW AND STEADY!**



AR-0006 (10-20)

AR-0030

# Don't Pay the Price



## Look Out for Snow and Ice!

Report unsafe conditions to \_\_\_\_\_



AR-0030 (10-21)

AR-0030-B

# Don't Pay the Price



## Look Out for Snow and Ice!



AR-0030-B (10-21)

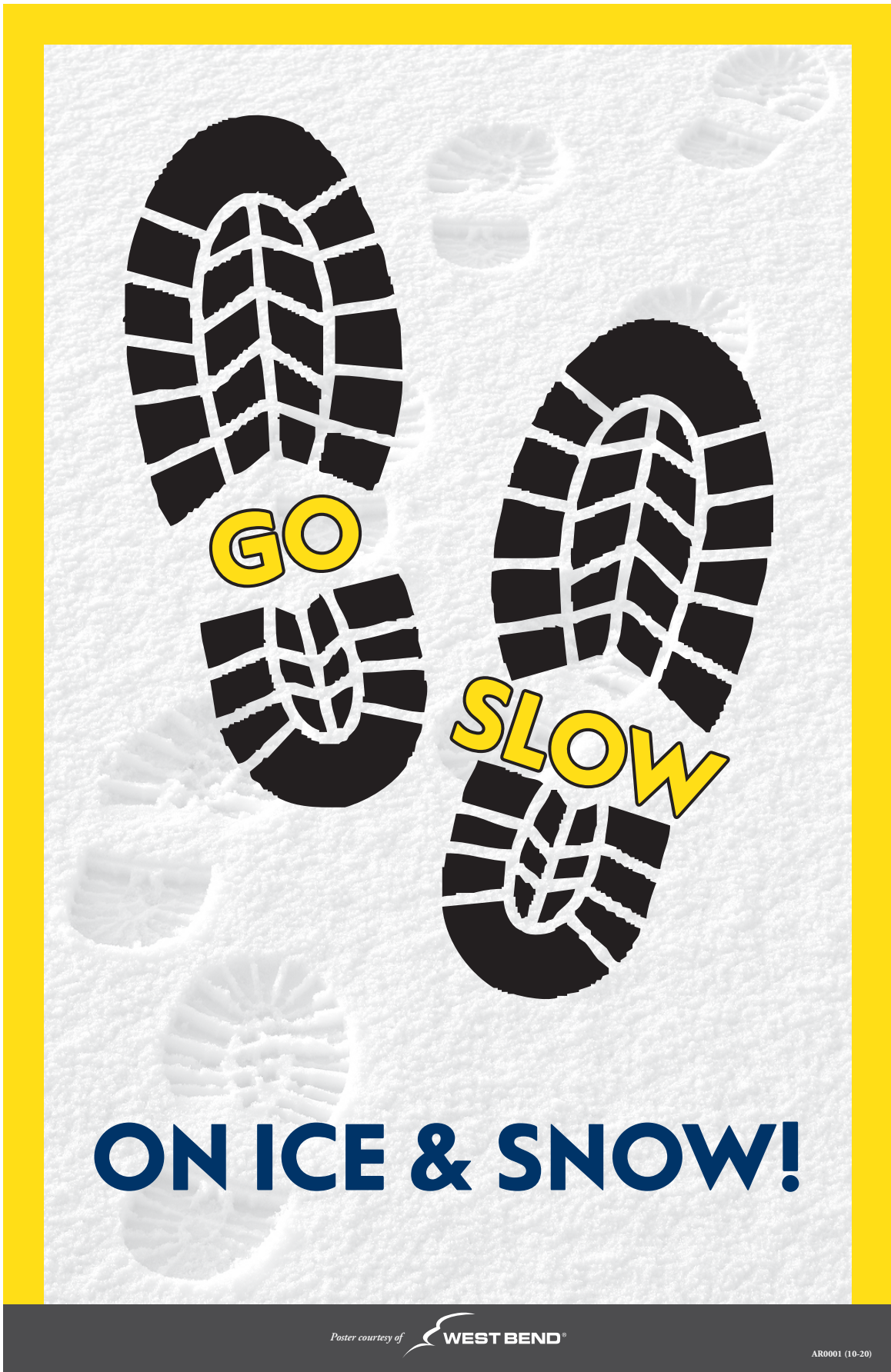


AR-0171



**SHAKE ICE MELT  
TO PREVENT A WELT**

AR-0001



AR-0008

**THINK TWICE**  
**WHEN THERE'S**

**SNOW AND ICE!**



Poster provided courtesy of



AR-0008 (10-20)

AR-0044

Avoid slips, falls ...  
and injuries this winter

Take my advice:

- Watch your step on slippery walkways.
- Walk, or waddle, like me, slowly shifting your weight from side to side.



AR-0044 (10-20)

AR-0057

# WALK LIKE A PENGUIN ON ICE AND SNOW



**Wear appropriate footwear.  
Point your toes slightly outward.  
Take short steps, keeping your center  
of gravity over your front leg.**

AR-0058

# TAKE IT SLOW ON ICE AND SNOW



**Wear appropriate footwear.  
Walk on cleared paths; don't take short cuts.  
Slow and steady will get you there;  
rushing may lead to the emergency room.**

AR-0059

# TAKE IT SLOW ON ICE AND SNOW



**Wear proper footwear.**

**Watch where you step – obstructions are sometimes hidden under the snow.**

**Take designated walkways; don't take shortcuts.**

**Help control ice and snow by shoveling and spreading salt and/or sand.**

AR-0060

# BE ALERT FOR REFREEZE



**Snow and ice on sidewalks and parking lots  
can melt, then refreeze and create a hazard.**

**Use caution when walking  
and exiting your car.**



AR-0061

**If you don't like the weather, wait a minute and it will change.**



**Winter weather seems to change constantly.**

Be aware of potential slip and fall hazards whenever:

- Snow is falling
- Temperatures rise above freezing during the day and fall below freezing at night
- Blowing snow sticks to sidewalks and parking lots

AR-0062

# CHOOSE YOUR WINTER FOOTWEAR WISELY.



**The footwear you choose for  
today's snow and ice may  
determine your footwear for  
the next six weeks!**

AR-0063

# HAVE YOU WINTERIZED YOUR FEET?



**Wear proper footwear for conditions.  
Put your dress shoes on once inside.  
Report icy areas, or shovel and spread  
salt/sand.**

AR-0064

# TAKE THE SAFEST ROUTE



**Be alert for icy spots when walking.  
Use designated and cleared walkways.**

**Don't take shortcuts.**

**Be alert on ramps, stairs, and curbs.**

**Use handrails whenever possible.**

AR-0065

# BLACK ICE ALERT



**Winter often brings icy spots  
that are hard to see!**

- Assume dark areas on sidewalks and parking lots are icy.
- Hold onto your vehicle when entering and exiting it.
- Step down – not out – at curbs.

AR-0066

# PARKING LOT ALERT



**Many people slip and fall in parking lots during the winter.**

**While we try to keep our parking lot clear of snow and ice, constantly changing weather can make it difficult. Please be alert and prevent slips and falls by:**

- Watching out for and avoiding hidden patches of ice;
- Walking around snow that's melted and refrozen;
- Staying away from drifted frozen snow; and
- walking around patches of packed snow.

AR-0067

# GETTING IN AND OUT OF YOUR AUTO AVOID SLIPPING AND FALLING



In the winter, people often slip when getting out of their vehicles. We often don't think about the condition of the street or parking lot, and we may also have our hands full, which makes it hard to steady ourselves.

### When getting out of a vehicle in the winter:

1. Look at where your feet are going. Is the surface free of ice and snow?
2. Place one hand on the vehicle door and the other on the door frame.
3. Place your feet firmly on the ground.
4. Slide out of the vehicle and stand up, keeping a firm grip on the vehicle.
5. Once you're standing and stable, grab any items you need to carry.

AR-0068

# FRESH SNOW ALERT



**Snowfalls may be beautiful, but they're also dangerous.**

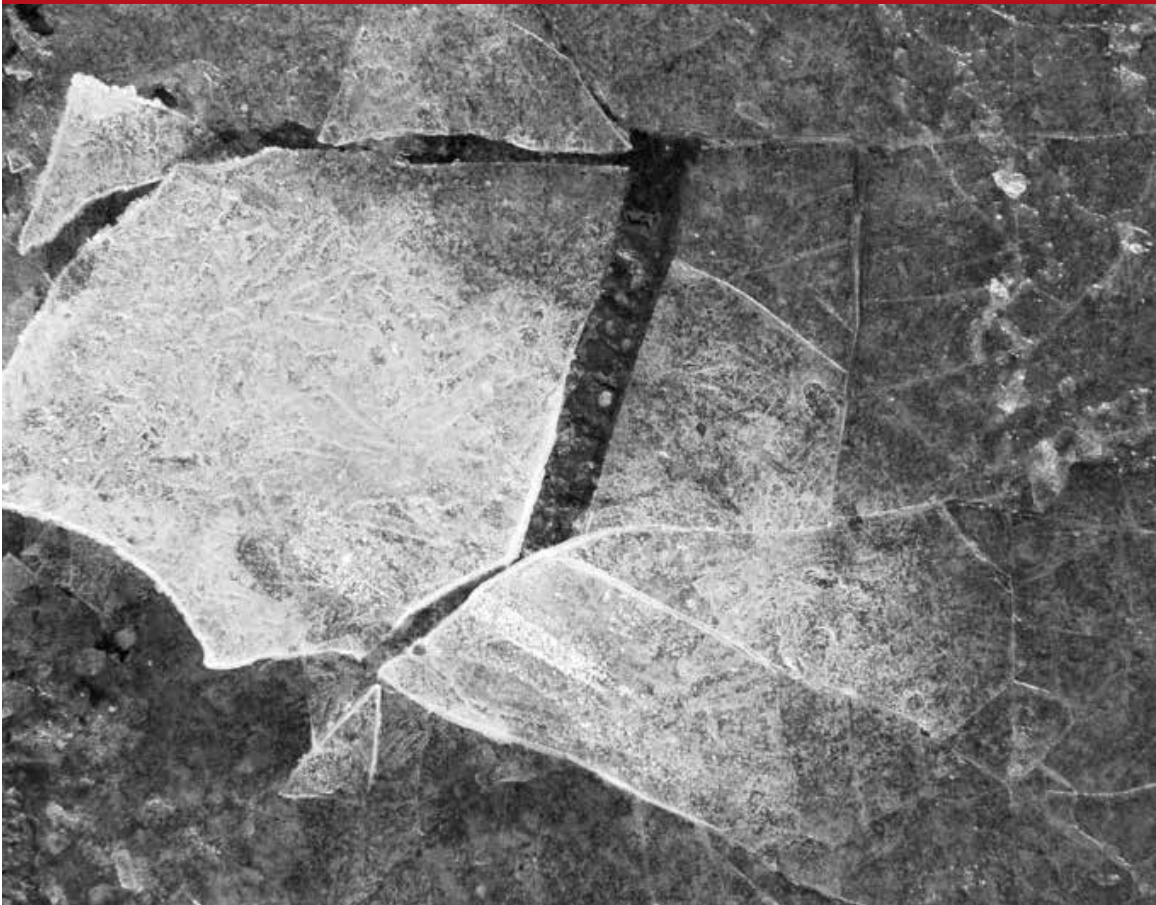
**BE ALERT when snow falls:**

- Wear footwear appropriate for the conditions.
- Take small steps, keeping your center of gravity over your feet.
- Pay special attention to ramps, stairs, and curbs. Use a handrail if possible.
- Watch for hidden obstructions under the snow.



AR-0069

# REFREEZE ALERT



**Snow/ice that melts and refreezes causes many slips and falls each winter. While a sidewalk or parking lot may be clear when you first walk on it, it may be icy later on. To avoid the hazards of refreeze, be alert in areas where it can occur:**

- On a sidewalk where the snow is close to the edge;
- Where a roof drains and discharges onto a walkway;
- Near a pile of snow or where the runoff flows;
- Near curbs/gutters; and
- Where there are water puddles in parking lots or on sidewalks.

AR-0071

# WINTER DRIVING SAFETY

Winter driving can be hazardous and scary, especially in the Midwest where we can get a lot of snow and ice. When the weather gets frightful, it's best to avoid driving if possible. For those who need to get behind the wheel, the National Highway Traffic Safety Administration provides these safety tips.



## **PREPARE FOR THE TRIP, PROTECT YOURSELF AND YOUR PASSENGERS AND PREVENT CRASHES ON THE ROAD.**

- 1** Always look and steer where you want to go.
- 2** Wear your seatbelt.
- 3** Fill up your windshield wiper fluid.
- 4** Keep extra distance between you and other vehicles.
- 5** The best way to survive a skid on a snowy road is to avoid getting into one in the first place. In the event of a skid, ease off the gas, don't break until the car is under control, and carefully steer in the direction you want the front of the car to go.
- 6** Make sure you can see and be seen.
- 7** Accelerate slowly.
- 8** Watch the weather.
- 9** Slow down!
- 10** Put a winter emergency kit in your vehicle.
- 11** Plan your route.
- 12** Keep your tires properly inflated to the correct tire pressure.
- 13** If you're on the job providing transportation services and you experience problems, follow the accident policy and report.

AR-0118

# KEEP YOUR HANDS FREE



## to avoid falling to your knees.

Poster provided courtesy of



AR-0118 (10-21)

# Window Clings

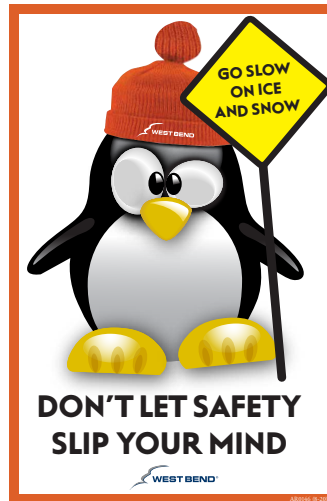
6 x 9 inches



AR-0019



AR-0022



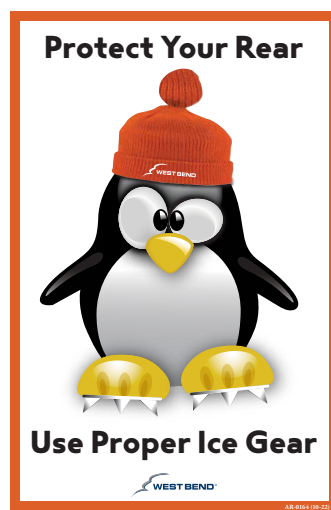
AR-0146



AR-0082



AR-0082-B



AR-0164



AR-0165



AR-0170

AR-0019

WALK LIKE **FREDDY...**



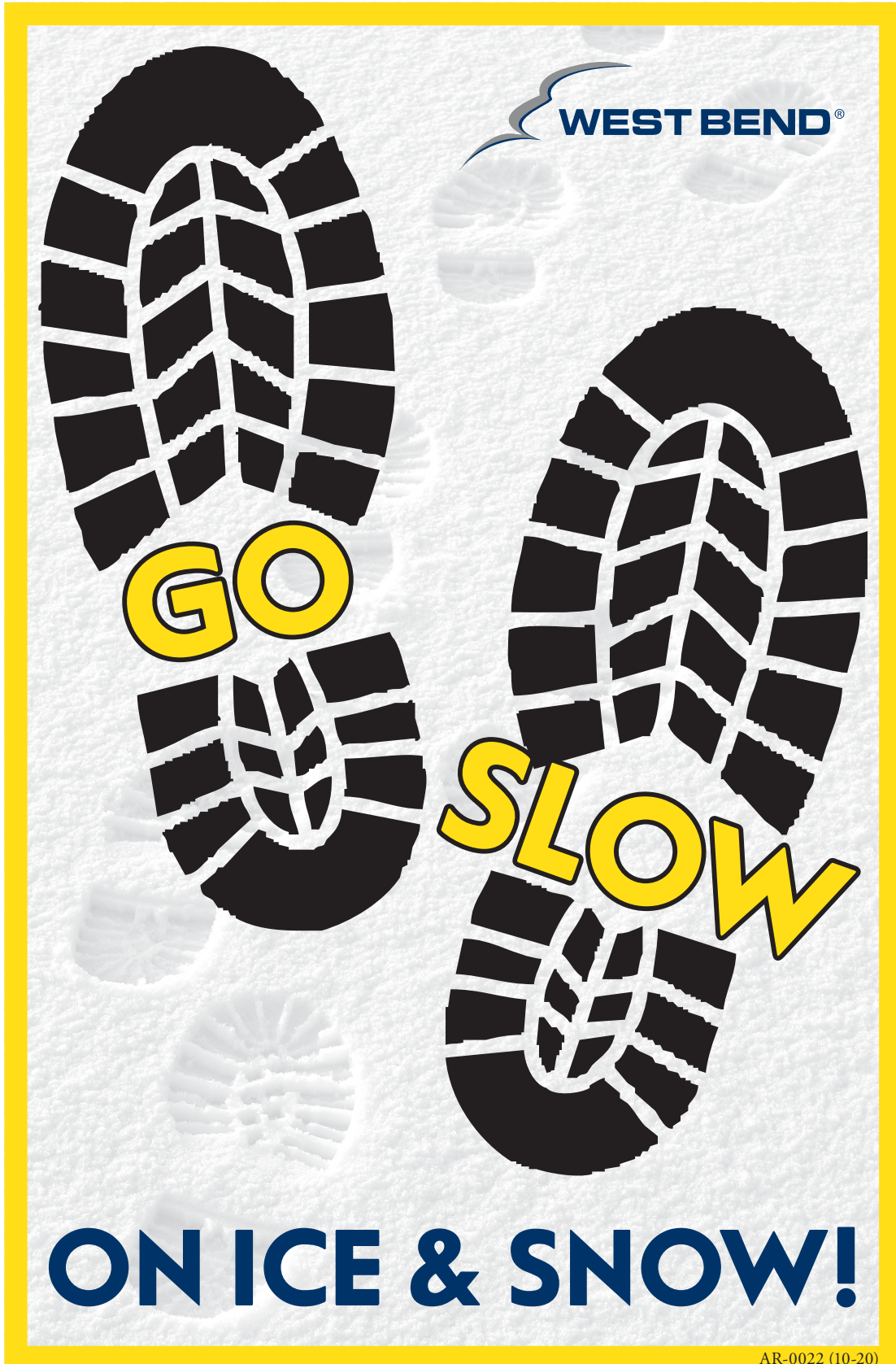
**SLOW AND STEADY!**



AR0019 (10-20)

**Window Clings** 6 x 9 inches

AR-0022



AR-0022 (10-20)

AR-0146



**DON'T LET SAFETY  
SLIP YOUR MIND**



AR0146 (8-20)

# Don't Pay the Price



## Look Out for Snow and Ice!

Report unsafe conditions to \_\_\_\_\_





AR-0082-B

# Don't Pay the Price



## Look Out for Snow and Ice!



AR-0082-B (10-21)

# Protect Your Rear



## Use Proper Ice Gear



# Clearing Your Way



## Safely Home



AR-0170

# Shake Ice Melt



## To Prevent a Welt



AR-0170 (9-23)

# SHAKER BOTTLE STICKER

4.25 x 5.5 inches



Ingredients:

AR-0020 (10-20)

AR-0020