



Working and Traveling Off Premises

Employees who travel for work – whether for meetings, patient care, site visits, deliveries or off-site assignments – face unique slip, trip and fall risks, especially during winter. While you may have control over conditions at your own facility, off-site environments can be unpredictable.

Tips to Stay Safe While Off-Site in Winter Conditions:

Smart Parking: Choose well-maintained, well-lit parking areas close to your destination. Look for lots that have been plowed and salted, or opt for covered parking when available.

Exiting Vehicles Safely: Slips often occur when stepping out of a vehicle. Check the ground for snow or ice before exiting. Use both feet to step out simultaneously and hold onto the door for balance.

Use Handrails: Whether exiting a bus or navigating stairs, always use handrails for stability. Avoid carrying items that prevent you from maintaining three points of contact.

Walk Like a Penguin: On icy surfaces, take short, deliberate steps with feet slightly turned out and arms free for balance.

Stick to Safe Paths: Use designated walkways and avoid shortcuts over snow piles, grass or unshoveled areas. Scan your path for ice or uneven surfaces.

Manage What You Carry: Keep hands free when possible. Use backpacks or rolling bags to maintain balance and reduce the risk of falling.

Wear Proper Footwear: Choose shoes or boots with good traction. Consider using ice cleats or shoe grippers for added stability, and change into indoor footwear once inside.

Prevent Indoor Slips: Wipe snow and moisture from your shoes at entrances to avoid creating slippery conditions indoors.

By staying alert and following these best practices, employees can help prevent injuries and stay safe while working or traveling off-site during winter.



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