A high percentage of employee injuries and guest injuries are directly related to slip-and-fall accidents. While it may seem obvious, train your employees to be more aware of conditions and actions that potentially leads to slips and falls. A few basic precautions will keep your feet firmly on the ground and save your season:

- Wear slip-resistant well-fitted footwear. Take extra care when walking in ski boots. Use handrails.
- Slow down!
- Take shorter steps.
- Shuffle your feet in icy conditions. This helps force shorter steps and keeps both feet available to catch you if you start to slip.
- Remove your sunglasses when entering a low-light area.
- Look before you step. Make sure your pathway is clear.
- Getting in and out of vehicles can create great risk; look before getting in or out of a vehicle.
- Use three points of contact when getting in and out of Snowcats.
- Keep a bucket of Snow Melt (or similar product) near potentially slick spots.
- If you slipped or fell someplace, chances are someone else will, too. Find a shovel, find some Snow Melt, and fix a dangerous situation before someone gets hurt.
- Have a system in place that all employees know they can follow for reporting potentially dangerous spots immediately and take steps to fix them if possible.
- Develop a routine of checking known slick areas. Keep a sanding or maintenance log.

Frostbite
With temperatures plummeting to record lows, remind all employees working outdoors to be aware of the potential for frostbite.

- Symptoms of frostbite include white-ash colored skin and lack of sensation, especially around the nose, ears, and chin.
- If you recognize signs of frostbite, return indoors and report to a supervisor.
- Do not rub the affected area since this can cause further damage.
- Gently re-warm the area by placing it against a warm part of the body or running lukewarm water over the area.

To avoid hypothermia and other cold weather injuries, remember ‘C O L D’:

- Keep your clothing **clean**. Clean clothing is more wind-resistant, waterproof and warmer than dirty clothing. It smells better, too!
- Avoid **overheating**. Remove layers or ventilate before starting strenuous activities.
- Wear several layers of clothing. Layers provide more warmth and greater flexibility throughout the day when weather conditions and activity levels change.
- Keep your clothing **dry**. Wet clothes do not insulate well and they wick heat away from your body. Keep a pair of dry socks and gloves handy on wet days.

Frostbite

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**Slips and falls**

A very high percentage of employee injuries and guest injuries are directly related to slip-and-fall accidents. While it may seem obvious, train your employees to be more aware of conditions and actions that potentially lead to slips and falls. A few basic precautions will keep your feet firmly on the ground and save your season:

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- Have a system in place that all employees know they can follow for reporting potentially dangerous spots immediately and take steps to fix them if possible.
- Develop a routine of checking known slick areas. Keep a sanding or maintenance log.
- All slips, trips, and falls, with or without injury, should be reported.

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