Ryder Safety Message
Preventing Slip and Fall Injuries in Winter Weather

Key I

**Ryder experiences an increase in slip and fall injuries during the winter.** Slips occur when your lead foot does not make clean contact with the ground or a step, which then results in a fall. During winter months the risk of slips increases due to the presence of ice and wet surfaces. You can reduce this risk when you:

- Use footwear/overshoes that hold onto or grip icy surfaces
- Always watch where you are walking and avoid icy areas
- Take small steps, paying attention to where each foot lands
- Get a good hand grip and maintain three points of contact

Key II

Your everyday safety footwear does not provide the same protection on ice that it would provide on other surfaces. **Ryder’s first choice for additional footwear are rubber overshoes with a gritty sole that digs into the ice for better traction**, without requiring the removal of the overshoe before driving. Your Supervisor should be providing you these overshoes, and you **MUST** utilize them to eliminate slips and falls during the winter months.

Key III

It may sound simple, but you can **greatly reduce your risk of a slip and fall by simply watching where you are walking**. Many ice and snow slip and fall injuries occur because the person took a shortcut instead of taking the clear, but sometimes longer path. When a sidewalk is icy, walk on the grass instead. When ice cannot be avoided, use the tactics noted in Key IV.

Key IV

**If you must walk on ice, shorten the length of your stride and take smaller steps.** Keep your feet shoulder width apart, reducing your stride and placing your forward foot flat on the ice versus a heal-to-toe foot strike. This keeps you balanced as you move forward on the ice and allows for a greater shoe surface area to come in contact with the slippery surface.

Key V

Get and maintain a good hand grip: when walking around your vehicle **keep a hand on your truck and trailer** to steady yourself; when raising or lowering your landing gear **utilize three-points-of contact and stay in control**; and **use hand-rails on all steps** when walking up or down the stairs.

Let’s not let our safety slip away in 2016. Eliminate slip and fall injuries by following the simple steps noted here.