



# Communiqué

## Slips & falls accidents

January 11, 2019

### **Camborne, ON – Slips & falls accidents.**

At this time of year, we would like to remind residents to be very careful when you are out and around as the number of slip and fall injuries increase in the winter months. Fortunately, even in the worst weather, these painful, often debilitating accidents **can be prevented**.

### **A few simple precautions can help keep everyone on their feet this winter.**

1. [Wear proper footwear](#) -- shoes and boots with **treaded** soles and low or no heels. **Almost 25%** of slip and fall injuries are caused by improper footwear.
2. Use the handrails on stairs and ramps, especially on outdoor steps or stairs where they may be icy or slick. Keep your hands free by using a backpack or shoulder bag to carry items.
3. Keep floors, [walkways](#), and stairs clean, dry, and clutter-free. **More than 50%** of slip and fall injuries are caused by poorly maintained walking surfaces!
4. If you find yourself on ice or snow, walk slowly and take small steps and make sure you have shoes or boots with treaded soles.

Remember it is just not a slip and fall; it can be **painful** with twisted ankles, broken bones and concussions, it can result in **lost time from your work**, it's medical costs and claims that can be **expensive** - therapy treatments and rehabilitation - but most of all it could have been **preventable**.

Here is additional information for your convenience regarding Slips and Fall prevention. [Northumberland Safe Communities](#), [Speaking of Safety](#) and [Workplace Safety and Prevention Services](#)

Be careful on those icy or wet surfaces!

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