



Working and Traveling Off-Premises

Employees traveling on business away from your company's facility are presented with unique slip and fall exposures. While salting and snow removal procedures can be controlled at your own site, employees traveling on business can find themselves facing precarious conditions when they reach their final destination.

Home health care professionals, truck drivers, sales personnel and other employees traveling on business often encounter parking lots, sidewalks and steps covered with ice and snow. Here are a few tips to consider to reduce slip and fall injuries while traveling on business to customer locations.

- **Parking** — Park in a location that reduces the exposure to walking on ice and snow, as close to your final destination as possible. Look for a covered parking structure whenever possible or a lot where snow plowing and salt application has been completed.
- **Exiting a Vehicle** — Many slip and fall injuries take place next to vehicles. When exiting your car, scan the area where you will be parking for ice and snow accumulation. Remember that black ice under a light snow can be very slippery. If you are in a car or light truck, open the door and swivel both of your legs to stand up on both of them at the same time for more balance. Hang onto the door for stability until the surface around the vehicle can be accessed.

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- **Exiting a Large Truck** — Maintain three points-of-contact as you descend from the truck. Face the truck, using the hand holds and steps, taking extra time to prevent a fall.
- **Walk Like a Penguin** — When walking on slippery surfaces, take shorter steps to maintain better balance.
- **Travel Path** — Walk in designated walkways as much as possible, scanning the travel path in front of you. Avoid shortcuts through landscaping, over snow piles and areas where snow and ice removal has not been completed.
- **Carrying Laptops and Materials** — Consider the amount and weight of items being carried, as they can shift your balance and cause you to fall. Use a cart to pull the laptop case and materials, as this will lower your center of gravity.
- **Home Health Care** — When visiting clients at their residence, scan the travel path ahead. Wear boots or other non-slip footwear and keep a small shovel in your trunk to clear a path up the steps or near the door, if needed.
- **Steps and Handrails** — Try to avoid carrying items with your hands. If possible, use a carrying case with a shoulder strap and maintain contact with handrails as you ascend or descend steps.
- **Footwear** — Select and use footwear appropriate for walking in winter weather conditions.
- **Entering Buildings** — Remove snow and water from footwear to prevent creating wet slippery conditions indoors.

Useful Links

Links to Slip Resistant Footwear:

- <http://www.google.com/products?q=anti+slip+footwear&hl=en>
- <http://www.shoeicecleats.com/>
- <https://www.shoesforcrews.com/>

Links to Laptop Carrying Carts:

- <http://www.google.com/products?q=rolling+laptop+cases&hl=en>
- <http://www.google.com/products?q=rolling+laptop+carrying+cart&hl=en>

