

It's not the fall that hurts.... it's when you hit the ground!

Inclement weather is upon us and our exposures to slips and falls increases dramatically. Slips and falls are one of the leading causes of workplace injuries in our district. In fact, the average cost for an injury claim is almost \$6,000 per accident in lost compensation and medical costs. Proper footwear is among the most effective tools to prevent slips and falls. The right footwear can reduce the number of incidents by 70%-80%, according to industry experts. Whatever style of shoe you select, make sure that your shoes hold the following key features.

- The shoe must have a rubber or comparable sole.
- The sole tread pattern must not be closed or smooth.
- Choose shoes that have small tread patterns with many holes or notches. Tread patterns can range from triangles to squares to hexagons and circles. These treads act much like the tread of a tire on your car.
- Wear and tear is a significant problem that causes slip related problems. So, the replacement of one's slip resistant shoes is important.
- Finally, never wear flip-flops, high-heels, open-toed or open-backed shoes to work.

