

# Manning The 3 R's: Protecting Connecticut's Coastal Resources Through Response, Remediation, and Restoration

## Avoiding slips and falls during icy and slippery conditions

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Oil spills and releases of hazardous substances from waste sites can cause many negative and long-term impacts to coastal natural resources. When oil or hazardous substances are released into the environment, wildlife species, fisheries, and habitat may suffer harm, beaches may be closed, and navigation may be curtailed. Dealing with harmful effects from these releases is a challenging task for federal, state, and local agencies.

It is important that everyone recognizes the hazards of icy/slippery walks and roadways and makes the appropriate adjustments. Several things can be done to reduce the risk of injury when slippery conditions exist.

Trustees are stewards of the public's natural resources, designated by Congress and charged with protecting and restoring natural resources in the event of an oil spill or release of hazardous substances. NOAA is a trustee for coastal resources such as estuarine and anadromous fish and their habitats, including wetlands, mudflats, and coastal streams.

**1. Wear boots or overshoes with gripping soles. Slick leather, plastic, or smooth surfaced soles on shoes will increase the risk of slipping.**

**2. Do not walk with your hands in your pockets. This reduces the ability to use your arms for balance if you do slip.**

**3. Take short deliberate shuffling steps in very icy areas.**

**4. Do not carry or swing heavy loads, such as large boxes, cases or purses that may cause you to lose your balance while you are walking.**

**5. Give yourself plenty of time. Take short steps with your feet pointed slightly outward. This will help keep your center of balance under you and provide a stable base for support.**

**6. Don't step on uneven surfaces. Avoid curbs covered with ice.**

**7. Try to walk on snow rather than icy areas.**

**8. Place your full attention on walking. Distractions such as reading, digging in your pockets, or backpack while walking on ice are dangerous.**

**9. If you are the first one to arrive at your building, take the initiative to spread salt on the steps and building entrance ways. Note: Do not attempt to carry the salt bucket if you believe it is too heavy. Have someone else help you so that you don't get injured in the process.**

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been resolved, report the condition to the Safety & Health Services Division at extension 4207.

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