



Helpful Hints for Walking on Ice/Snow

It is always safest to avoid walking outdoors in slippery conditions, however if you must there are some things you can do to decrease your fall risk.

1. Wear shoes or boots that provide traction.
 - Rubber and neoprene composite provide better traction than plastic and leather soles.
 - Wear flat shoes/boots. Avoid heels.
 - Ice cleats/grips on your shoes or boots can provide special traction.
**Remember to remove them when entering a home or building.*
2. Be very cautious when entering and exiting vehicles, using stairs or entering/exiting buildings.
 - Move slowly.
 - Remove snow/wipe feet when entering buildings.
 - Keep your hands out of your pockets.
 - Use handrails for support when available.
 - Use the vehicle for support when exiting and entering (hands on steering wheel, inside of door, etc.).
 - Use caution when shifting your weight to exit a vehicle.
3. Walk on designated walkways as much as possible.
 - Don't take shortcuts over areas where snow or ice has not been removed.
 - A sidewalk completely covered with ice may require walking along its grassy edge for traction.
4. Safety tips when walking.
 - Take short steps or shuffle for stability.
 - Bend slightly forward and walk flat-footed with your center of gravity directly over your feet as much as possible.
 - Again, keep your hands out of your pockets.
 - Be prepared to fall. If you fall, fall with sequential contacts at your thigh, hip, and shoulder, avoiding using outstretched arms to brace yourself. Bend your head and back forward if you can to avoid hitting your head against the ground.