



WINTER WALKING SAFETY TIPS

Winter brings snow, ice, slush, slippery conditions... and slip/fall injuries. Here's a few tips to help you stay on your feet when walking on compact snow and/or ice.

* **MAKE A “WINTER WALKING SAFETY PLAN” SO YOU’RE PREPARED FOR WINTER WALKING -**

* **WEAR PROPER FOOTWEAR -**

- ✓ Boots or shoes with heavy tread and no heels (or low heels); and
- ✓ Traction/gripping devices such as Yaktrax.



* **SELECT YOUR ROUTE CAREFULLY -**

- ✓ Stick to sidewalks.
- ✓ Avoid shortcuts and areas around construction sites - snow may hide holes and other hazards.

* **USE EXTREME CAUTION -**

Shuffle your feet and take short steps - it reduces your chances of falling.

Leave your hands/arms free for balance.

On stairs, use the handrail and plant your feet firmly on each step.

Walk like a penguin - knees bent slightly and feet pointed out slightly.

Don't cross in front of snow removal equipment (snow blowers, plows, etc.). It's safer to cross behind.

Observe extreme caution when entering and exiting vehicles. Warm soles on compact snow/ice increase the risk of slip/falls. Use the vehicle for support.

Watch out for black ice, wet floors/stairways and overhead/falling hazards (icicles or snow/ice on sloping roofs and in trees).

Never attempt to drive or walk on carpet, tile, stone, or ceramic surfaces while wearing Yaktrax. Take them off before driving or entering a building!



SAFETY MATTERS