

January 3, 2022

Winter Weather Safety

Winter weather brings snow, ice, slush, slippery conditions... and painful slip/fall injuries. To stay on your feet when walking on compact snow and/or ice:

- ❖ **MAKE A WINTER WALKING SAFETY PLAN -**
 - ✓ Prepare & carry a personal container of sand or kitty litter. (Remember to label the container).
 - ✓ Allow extra time for travelling to & from work.
- ❖ **WEAR PROPER FOOTWEAR -**
 - ✓ Boots or shoes with heavy tread and no or low heels.
 - ✓ Traction/gripping devices such as Yaktrax (remove them before driving or entering a building).
- ❖ **SELECT YOUR ROUTE CAREFULLY -**
 - ✓ Stick to sidewalks.
 - ✓ Avoid shortcuts and areas around construction sites - snow may hide holes and other hazards.
 - ✓ If you spot a hazardous area or have a near miss or close call, promptly report the issue to your building custodial/maintenance staff ASAP (follow your district reporting policy).
- ❖ **USE EXTREME CAUTION -**



Shuffle your feet & 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 take shortcuts - stay on cleared sidewalks/paths.

Observe extreme caution when entering and exiting vehicles.

Warm soles on compact snow/ice increase the risk of slip/falls. Maintain 3 points of contact when exiting a vehicle by holding onto the steering wheel and door for support.

Never cross in front of snow removal equipment (snow blowers, plows, etc.).



For more information visit the **NCESD Safety Services**  **YouTube Channel** to watch a video on:

- ❖ ***Appropriate Footwear for Winter Conditions*** ([click here](#));
- ❖ ***Winter Walking Safety Tips*** ([click here](#)); or
- ❖ ***Safely Exiting a Vehicle in Icy Conditions*** ([click here](#)).

AS THE TEMPERATURE DECLINES, KEEP SAFETY ON YOUR MIND!