

WALKING ON ICE

Think Twice when Walking on Ice!

No matter how well snow and ice are removed from sidewalks and parking lots, you will encounter slippery surfaces when walking outdoors in winter. Many cold weather injuries are the result of falls on ice covered streets, parking lots, and sidewalks. Plan ahead, use caution, and exercise common sense when walking in icy conditions.

BE SAFE:

- Plan for extra time to avoid being in a hurry.
- Wear boots with non-skid soles.
- Dress warmly ~ carry extra clothes in your vehicle
- Plan ahead when walking to your vehicle in the parking lot.
- Use a handrail when climbing up or down stairs or using outside stairs that may be icy.

BE SEEN:

- Wear visible clothing, especially at night or in inclement weather or fog.
- Wait for vehicles to completely stop before crossing the road.
- Watch for approaching vehicles that may not be able to stop due to icy road conditions.

BE SMART:

- Avoid carrying heavy or bulky items that may cause you to lose your balance.
- Use only sidewalks that have been cleared of ice.
- Choose the safest path to the entrance door ~ NOT the shortest route.
- Walk like a duck by taking small steps.
- Report any ice build-up that may create hazards.
- When you are getting in or leaving your vehicle ~ hold on to your vehicle for support.
- Watch out for "black ice" which can look like a wet spot on pavement and is often present in shaded areas or early in the morning.
- **If you start to fall** ~ try to relax and avoid using your arms to stop the fall.
- **If you fall backwards** ~ make a conscious effort to tuck your chin so your head does not hit with the full force of the fall.

