



Winter Safety Tips

Walking outside during the winter requires special attention to avoid slipping and falling. It is important for everyone to be constantly aware of these dangers.

No matter how well the snow and ice is removed from parking lots or sidewalks, pedestrians will still encounter some slippery surfaces when walking outdoors in the winter

Wear appropriate shoes

- Avoid boots or shoes with smooth soles and heels, such as plastic and leather soles
- Wear shoes or boots that provide traction on snow and ice
- Boots made of non-slip rubber or neoprene with grooved soles are best

Walk in designated walkways

- Taking shortcuts over snow piles, other frozen areas or where snow and ice removal is not feasible can be hazardous
- Try to avoid straying from the beaten path

Watch where you are walking

- Assume that all wet, dark areas on pavements are slippery and icy
- Dew or water vapor can freeze on cold surfaces, forming an extra-thin, nearly invisible layer of ice that can look like a wet spot on the pavement
- Do not be distracted by cell phones, iPods, or looking for something in your purse or bag

Adjust how you walk

- Take short, flat footed, shuffling steps with slightly bent knees
- Walk at a slower pace and stop occasionally to break momentum
- Keep hands out of pockets and limit what you carry, so your arms are free to provide balance

Getting in and out of vehicles

- Choose a parking spot that is away from icy areas and snow piles
- Exit vehicles slowly
- Tap your foot on potentially slick areas before exiting the vehicle
- Before standing, brace yourself with the vehicle door and seat back for stability

Be aware of other vehicles

- Stay clear of snow piles that can obscure your view of oncoming traffic
- Do not walk in front of or behind a moving vehicle and expect them to stop
- Be on the lookout for sliding vehicles

Indoors

- Remove as much snow as possible from shoes before heading inside
- Stay on mats or carpets when possible
- Use handrails in stairwells
- Be aware of wet/slippery surfaces, especially near exterior doors, and notify maintenance of those areas that need attention