



Winter Walking Safety

Safety Talk | Weather

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Winter, and the snow and ice it brings, can be dangerous. No matter how well the snow and ice is removed from parking lots or sidewalks, falls due to ice and snow still cause injuries. Here are some suggestions for walking safely in inclement weather.

Proper footwear is essential for safe walking on slippery surfaces

- Always wear slip-resistant shoes or ice grippers
- Never wear shoes with smooth soles or worn tread
- Keep your soles clean

Walk with care

- Pay attention to your surroundings and the surface you're walking on. Scan the area ahead of you to avoid snowy areas that may conceal painted surfaces covered with snow or black ice. Assume that all wet, dark areas on pavements are slippery and icy and approach with caution.
- Take short steps, sliding your feet. Walk with feet pointed outward (like a duck). Keep your weight forward and toes pointed outward to help maintain your balance. Make wide turns.
- Walk slow and deliberately.
- Only finger mail when it's safe to do so and conditions permit.
- Always stay on sidewalks. Avoid snow covered shortcuts across lawns that may conceal hazards.
- Take extra precautions when entering and exiting your vehicle.

Use care on stairs

- Where possible, use handrails or other stable supports especially when going up and down steps.
- Avoid steps that have not been cleared. When you encounter steps that are not properly cleared, notify your supervisor.

Be Seen

- Wear visible clothing especially at night or during heavy snow.
- Wait for vehicles to stop completely before crossing the road.
- Approaching vehicles may not be able to stop immediately due to road conditions.

If you lose your footing, try to relax

- Tensing your body increases the likeliness of injury.
- If you have a satchel or other soft object, try to use it to cushion your fall.

Remembering the dangers of winter walking, the importance of proper footwear, and the ability to fall correctly will help you stay on your feet.