



## BEST PRACTICES FOR WALKING ON SNOW AND ICE

Prevention is the best option. Place shovels and salt in an accessible location so occupants of a building can help themselves when necessary. Pretreat lots, walkways and other pathways where people walk when snow, ice or below-freezing weather is expected. If there are especially icy spots, place a sign to warn of the hazard.

When snow or ice is present or expected, please remember these safety tips:

- First is to wear shoes with appropriate soles – large treads that are not worn smooth. Although boots may not be glamorous, they will give you better traction and they also keep your feet warm. If you want to wear dress shoes, carry a pair with you to change into once you are at your destination.
- Use walkways that have been salted or shoveled. Don't take shortcuts over areas where snow and ice removal is not feasible.
- When getting out of a vehicle, use 3-Points of Contact.
- When possible, use handrails, handles, walls, anything that will help you keep your balance.
- Don't carry loads requiring two hands while walking on snow or ice. If you must carry a load on an icy walk and feel yourself falling, toss the load so that you can break your fall with your body.
- If you think you are approaching a particularly slick area, explore the area with your toe to see how slippery it is before you put your full weight on the area. Be alert for snow on top of ice, an especially dangerous condition.
- Adjust your stride so your center of gravity stays directly above your feet at all times. Shorten your steps; visualize the penguin. Shuffle your feet or walk flat-footed. Keep your head up and look ahead. Don't get distracted by cell phones or other conditions that pull your attention to either side.
- Don't put your hands in your pockets when you are walking. If you slip, you will need your arms to restore balance. If you fall, see below for techniques to not injure your hands, arms and wrists when you fall.



### How to Fall

It takes less than 2 seconds to go from a walking position to flat on your back, giving you little time to think about how to fall. Falling wrong can cause serious injuries to your back, head, and arms and legs. Use the Tuck and Roll-With-it Technique.

- Resist the urge to try and break your fall with your arms. Tuck your arm and shoulder into your torso and use the large part of your body to absorb the impact with the ground, and then allow yourself to roll over your body to further dissipate the energy of falling across your body.
- If you are falling backwards, again resist the urge to put your arms behind you. Instead, protect your head against the impact by twisting your body so you land on your hip / buttocks to spread the energy as widely as possible and hopefully keep the back of your head from hitting the ground first.

