

MAKE SAFETY A HABIT!

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 or use slip-on ice cleats.
- Dress warmly, but make sure you can see and hear what's going on around you.
- Scan ahead when walking in a parking lot.
- Remove snow from boots before entering a building.
- Use a handrail when climbing up or down stairs or going in and out of buildings.

Be Seen:

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

Be Smart:

- Avoid carrying heavy or bulky items to keep your balance.
- Use only cleared pathways.
- Choose the safest path to the door rather than the shortest route.
- Walk like a duck by slowing down and taking small steps.
- Report snow and ice build-up that may create hazards.
- When entering or exiting your vehicle, hold on to the 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 you don't hit your head with the full force of the fall.

