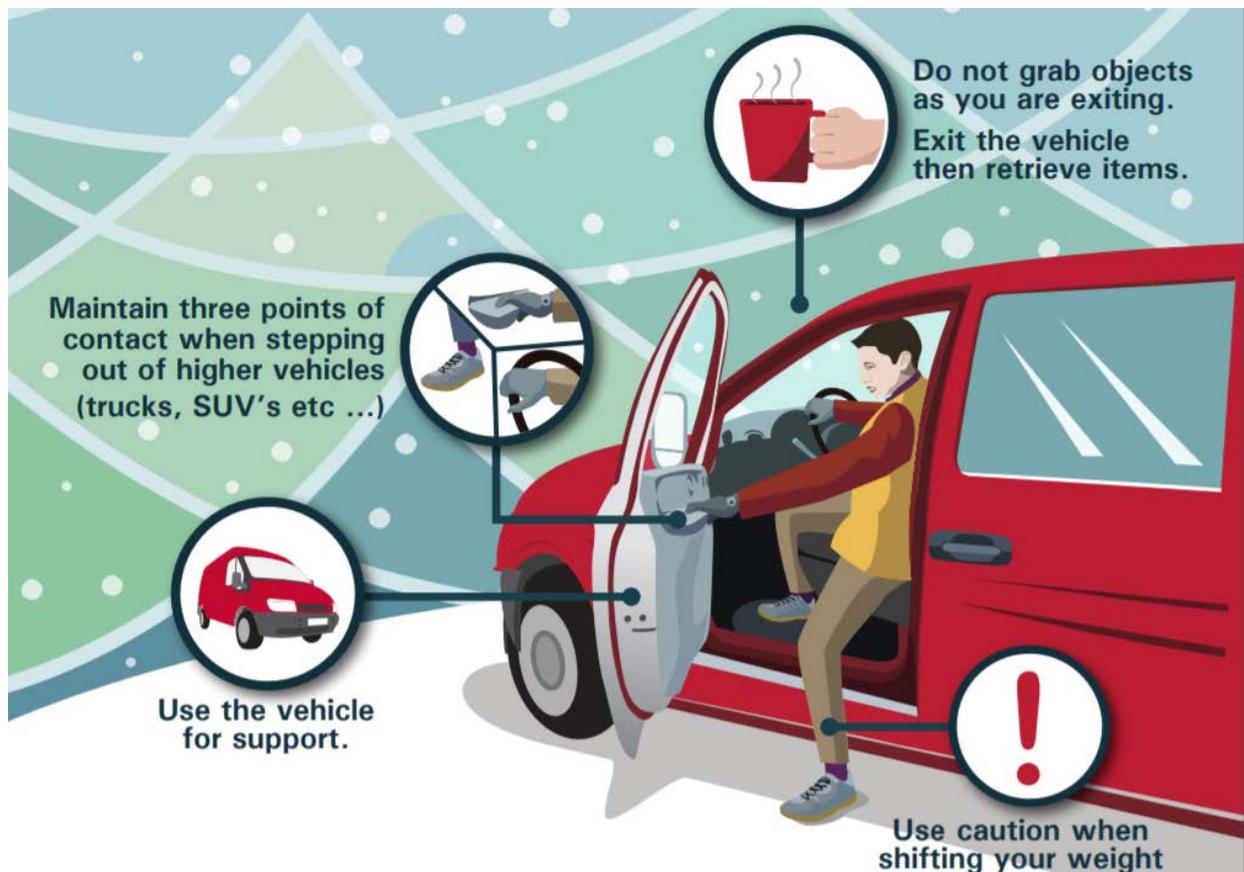


Helpful Hints When Walking on Snow or Ice

1. Plan ahead, give yourself sufficient time and plan your route.

- Traffic moves slowly in snowy conditions.
- Give yourself extra time--don't assume a clear path for driving and walking will be available.



2. Wear shoes or boots that provide traction on snow and ice.

- Footwear made of rubber and neoprene composite provide better traction than plastic and leather soles.
- Wear flat-soled shoes. Avoid shoes with heels.

3. **Use special care when entering and exiting vehicles, climbing or descending stairs, entering or leaving buildings.**

- Move slowly.
- Remove snow/water from shoes when entering buildings. Wipe shoes on the mat.
- Use handrails for support.
- Try to keep your center of gravity over your support leg.
- Use car for support.
- Keep your hands out of your pockets.



4. **Walk on designated walkways as much as possible.**

- Don't take shortcuts over snow piles or areas where snow and ice removal is not feasible.
- Look ahead when you walk. A sidewalk completely covered with ice may require travel along its grassy edge for traction.
- Don't text or read while walking.

5. Walk safely on snow or ice.

- Take short steps or shuffle for stability.
- Bend slightly forward and walk flat-footed with your center of gravity directly over your feet as much as possible.
- Keep your hands out of your pockets.
- Be prepared to fall. If you fall, fall with sequential contacts at your thigh, hip and shoulder. Avoid using outstretched arms to brace yourself.
- Bend your back and head forward to avoid hitting your head against the ground if you should fall. Falling on ice video.
<https://www.youtube.com/watch?v=ipKx8ZKXYvI>

