



Walking when there is Snow and Ice

As snow and ice hit a large part of the country we can avoid slipping and falling

Be aware - Even when ice & snow are removed from parking lots & sidewalks, you will encounter slippery surfaces when walking outdoors in the winter.

Doing 2 things will help:

- 1) See it** – see the snow and ice on the walking surface. If you do not see the ice or snow you cannot take the next steps. Look to see where ice and snow are present.
- 2) Change your ways** – don't act as if the snow and ice were not there.

After you see it you can choose:

- Avoid it - take a different path even if it means more steps! Taking shortcuts through snow & ice can be hazardous.

OR

- Change the way you walk.

Walking in snow and ice conditions calls for planning, caution, and common sense. This includes selecting appropriate footwear. Wear shoes or boots with non-skid soles. (Avoid plastic and leather flat soles.) Best are studs or other traction improvements on the shoe.

Changing the way you walk - When walking on ice or snow-covered surfaces, take short, flat steps. The heels and soles of your shoes should stay in contact with the ground as long as possible.

Walk at a slower pace so you can react quickly to a change in traction. Plan ahead to give yourself enough time.

Leave your hands and arms free and out of your pockets to better balance yourself. Carrying items will challenge your sense of balance.

Use special care when entering/exiting vehicles/equipment. Use the vehicle for support.

Please visit this link for more information: <https://www.ehs.iastate.edu/prep/weather/winter/walking>

SafeALERT



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