

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.
- Products are available with abrasive soles or cleats that provide special traction for walking on snow and ice, such as Yaktrax. [Remember to remove when entering buildings.]

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.
- 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.

SAFE Winter Walking

<http://www.ehs.iastate.edu/news/walk-safe-winter>

WALK
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Remove traction cleats when entering a building.



Wipe your shoes on mats.



Watch for melted snow and ice.



At Iowa State University ...

More than 50% of falls on snow and ice result in serious injuries – please don't be a statistic this year!

Walking during the winter requires special attention to avoid slipping and falling.

The National Safety Council estimates that falls cause more than 1,500 deaths and 300,000 injuries per year.



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Do not grab objects
as you are exiting.
Exit the vehicle
then retrieve items.

Maintain three points of
contact when stepping
out of higher vehicles
(trucks, SUV's etc ...)

Use the vehicle
for support.

Use caution when
shifting your weight
to exit a vehicle.

At Iowa State University ...

One third of slip and fall injuries on ice occurred in parking lots.

Walking during the winter requires special attention to avoid slipping and falling.

The National Safety Council estimates that falls cause more than 1,500 deaths and 300,000 injuries per year.



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SAFE Winter Walking

WALK SAFE

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Use hand rails.



Avoid talking on cell phones.



Take steps slowly.



Wear proper foot wear.



Maintain your center of balance.

At Iowa State University ...

One quarter of slip and fall injuries on ice occurred while walking into work.

Walking during the winter requires special attention to avoid slipping and falling.

The National Safety Council estimates that falls cause more than 1,500 deaths and 300,000 injuries per year.



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Weather resources

- EH&S Building Information
- University severe weather policy

Forecasts

- National Weather Service
- KCCI-TV
- WHO-TV
- WOI-TV
- Iowa road conditions