WINTER WALKING

Tips to Avoid Slip and Fall Injuries

1. **START OFF ON THE RIGHT FOOT**
   Wear appropriate footwear to increase traction. Smooth soles and high heels offer little traction on ice and snow and should not be worn. Wear over the shoe ice cleats. Remove them when inside since cleats are slippery indoors on tile and terrazzo. Wear gloves to keep your hands warm and out of your pockets for balance.

2. **PLAN YOUR ROUTE**
   Adjust your route to walk on cleared and treated surfaces, if possible. If possible, use pedestrian walkways, tunnels and walk through buildings. Exercise caution around traffic as vehicles may need increased stopping distances.

3. **DON’T OVERDO IT**
   Avoid carrying heavy or awkward loads; utilize shoulder straps on bags and backpacks to keep your hands free for balance. Slow down and take shorter steps so you can react to a change in traction more easily.

4. **BE SMART**
   Avoid the stairs and take the elevator when available. Use handrails when walking up and down stairs. Falls on stairs lead to some of the most severe injuries.

Winter Walking Techniques

**WYOMING WORKFORCE SERVICES VIDEO**

Please view this informative two minute video demonstrating some of these winter walking techniques


Although Physical Facilities prepares for and responds to weather conditions on an ongoing basis, hazardous conditions are likely to exist during weather events.

Please report unsafe surface conditions inside or outside of buildings please call 49-43087, don’t assume someone else already has called in the hazard.