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.
   - Consider wearing 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 when available.
   - Walk through buildings or use pedestrian walkways and subwalks. Be careful transitioning from outside to inside as surfaces may be wet or slippery.
   - 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, as stairs could be wet or slippery.
   - Use handrails when walking up and down stairs as these falls tend to result in severe injuries.

**DEMONSTRATIVE VIDEO**
An informative two-minute video demonstrating some of these winter walking techniques from the Wyoming Workforce Services is available online at https://bit.ly/2AwIqwA.

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

Report unsafe surface conditions inside or outside of buildings to the Grounds department at (765) 494-3087. Don’t assume someone else already has called.