

WINTER WALKING TIPS

to Avoid Slip and Fall Injuries



1

START OFF ON THE RIGHT FOOT

Wear appropriate footwear to increase traction in winter weather.

When wearing ice cleats, remember to remove them indoors to avoid slipping.

Wear gloves to keep your hands warm and out of your pockets for balance.

Use a the door or seat to provide stability when entering or exiting a vehicle.



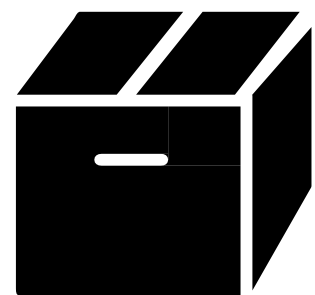
2

PLAN YOUR ROUTE

Adjust your route to walk on cleared and treated surfaces.

Walk through buildings or use pedestrian walkways and subwalks.

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

Use handrails when using stairs or ramps.

Consider using an elevator, if available, as indoor stairs may also be wet.

Falls on stairs can lead to severe injuries, especially when slippery conditions are present.

DEMONSTRATIVE VIDEO

A two-minute video demonstrating some of these winter walking techniques from the Wyoming Workforce Services is available online at <https://bit.ly/2AwlqwA>.

REPORTING UNSAFE CONDITIONS

Building Services removes snow from building entrances, ramps, steps and sidewalks immediately adjacent to buildings.

Please contact the Grounds department at 765-494-3087 regarding snow removal from streets, loading docks, parking areas and main sidewalks.