



Walking in Winter Weather

The risk of a slip and fall injury increases dramatically in winter weather. When walking in snow or ice, it is important to know how to walk and what to do in the event of a fall.

When Walking:



- ✓ Bend slightly and walk flat-footed.
- ✓ Curl your toes.
- ✓ Keep your center of gravity directly over your feet as much as possible.
- ✓ Extend your arms for balance.
- ✓ Keep your hands out of your pockets.
- ✓ Watch where you step.
- ✓ Walk slowly.
- ✓ Avoid uneven surfaces.
- ✓ Avoid distractions, pay attention.

If You Slip & Fall:

- ✓ Roll with the fall. Try to twist and roll backward rather than falling forward.
- ✓ Relax as much as possible when you begin to fall.
- ✓ Protect yourself instead of your belongings.
- ✓ Walk against traffic and as close to the curb as possible.
- ✓ Land on a fleshy part of the body. Avoid falling on knees, wrist or back.

