

## SAFETY TALK

**Environmental Health and Safety Newsletter** 

**January 2023** 

## Walking in Icy Conditions

Thus far this winter has been one of the worst in many years throughout a great portion of the United States. There has been near-record snow fall, ice and many other weather hazards even in areas that aren't used to seeing such weather conditions.

There is nothing worse than battling weather conditions and other traffic than to get to work, park your car and THEN take a tumble and hurt yourself just feet from the door. Falling injuries on ice in parking lots and sidewalks are more common than you would think. In many cases they lead to serious fractures especially in the arms as employees slip and try to break their fall as they go down.

Here are some tips to help you when conditions are icy:

- In cold temperatures, approach with caution and assume that all wet, dark areas on pavements are slippery and icy.
- During bad weather, avoid boots or shoes with smooth soles and heels.
   Instead, wear shoes or boots that provide traction on snow and ice; boots made of non-slip rubber or neoprene with grooved soles are best.
- Use special care when entering and exiting vehicles; use the vehicle for support.
- Walk on designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous.
- Point your feet out slightly like a penguin! Spreading your feet out slightly
  while walking on ice helps prevent slipping. Bend slightly and walk flatfooted with your center of gravity directly over the feet as much as possible. Extend your arms out to your sides to maintain balance. Keep your
  hands out of your pockets. Take short steps or shuffle for stability.



Date.	
Department:	
Supervisor (please print):	
Supervisor Signature:	
Employee Participants:  **Please Print Clearly**	Signature