Walking Safely in Winter Weather

As winter weather arrives, very often sidewalks, parking lots, steps, stairways and other surfaces can become unsafe places. Keep in mind that the first step to avoiding slips, trips and falls begins with the proper footwear. Selecting and wearing shoes or boots that provide solid traction and support can make all the difference when walking on ice or snow covered surfaces. Once safely indoors, winter shoes can always be exchanged with those needed to meet the requirements of the workplace.

Here are some other tips for a safe winter walking season:

- Many accidents occur due to being in a hurry. Allow extra travel time when weather conditions are dangerous.
- Always follow designated paths that are more likely to be treated with salt or ice reducing agents. Avoid shortcuts or untreated areas.
- Walk carefully. A slower pace and increased awareness of surface conditions can greatly reduce the chances of slips and falls.
- While entering or exiting buildings using stairways, always use handrails. If you must carry items while walking, always keep at least one hand free.
- Warn others when you discover an unsafe area or one that is not immediately visible.
- When crossing streets, be aware that vehicles may not be able to slow or stop easily due to road surface conditions.
- Use floor mats when entering buildings to remove snow and ice from footwear. Exercise caution when taking first steps into a building as floor surfaces are often wet and very slippery from foot traffic during winter weather.
- Walking safely in winter weather also applies at home. Maintain clear pathways and remove ice and snow from steps and sidewalks.