

Safety Tips Winter Walking Safety



Icy, snowy weather can be dangerous. By taking precautions, you can reduce your chances of being injured from a slip or fall.

Outdoor Tips

- Plan ahead to give yourself sufficient time and to plan your route.
- Wear shoes or boots that provide traction on snow and ice such as rubber and neoprene composite. Avoid plastic and leather soles.
- Use special care when entering and exiting vehicles; use the vehicle for support.
- Walk in designated walkways as much as possible.
 - Don't worry about taking the shortest route between two points—take the safest, most clear, least icy route.
 - Taking shortcuts over snow and ice can be hazardous.
 - Look ahead when you walk; an icy sidewalk may require travel along its grassy edge for traction.
 - If sidewalks are covered in snow and ice and you must walk in the street, walk against the flow of traffic and as close to the curb as you can.
- When given no choice but to walk on ice,
- consider the following:
 - Take short, slow steps or shuffle for stability.
 - Bend slightly; walk flat-footed with your center of gravity directly over the feet as much as possible.
- Snow and ice may keep motorists from stopping at traffic signals or slowing down for pedestrians. Before you step off of the curb into the street, make sure that any approaching vehicles have come to a complete stop.
- Don't wear a hat or scarf that blocks your vision or makes it hard for you to hear traffic.

No matter how well snow and ice is removed from streets and sidewalks, you are likely to encounter some slippery surfaces. It is important to be cautious at all times when outdoors in the winter.

Indoor Tips

- Use floor mats to remove moisture from the soles of your shoes upon entering a building.
- Don't allow rain or melted snow to be deposited on indoor walking surfaces.
- Be aware of your footing.
- Remove wet shoes when you arrive at work and change to appropriate footwear for your job. Remember that no shoe sole material is perfect under all conditions. Shoe soles made of hard plastic or leather and high-heeled shoes are less than ideal on floors that may be wet.
- Report all wet floor areas to your building custodian, so that they can be mopped and marked with "Wet Floor" signs.

DISCLAIMER: This Safety Tips Sheet is being provided for educational purposes only and addresses common reasons for accidents. It is not intended to imply fault or negligence on the part of any employee. It is the law, policy, and intent of Nassau BOCES to provide a safe and healthful workplace. However, the basic responsibility for safety and health rests with all BOCES employees. The measures contained herein can help employees to ensure their safety.

Although the information and recommendations contained in this Safety Tips Sheet have been compiled from sources believed to be reliable, the Office of the Nassau BOCES Safety Coordinator makes no guarantee as to the correctness, sufficiency or completeness of such information or recommendations. Other or additional safety measures may be required under particular circumstances.

**For more information call the
Safety Hotline 396-2400.**