Winter Walking

Staying on Your Feet!
Why do so many people slip and fall in the winter?

a. Snow and ice are impossible to walk on.

b. We often fail to adjust to the winter conditions.
Winter Walking Quiz

The answer is....B.

Winter walking is all about making adjustments to our style of walking. The main adjustments are slowing down and adjusting our stride so that our feet come straight down, resulting in a somewhat flat footed step.

When our feet come straight down they’re less likely to slip out from under us.
Winter Walking Quiz

Ways we can adjust for winter conditions include:

a. Wearing proper footwear
b. Slowing down especially on corners
c. Using short strides
d. All of the above
Winter Walking Quiz

The answer is......D. All of the above
Rubber grips better than leather or plastic.
Be aware of corners and slow down.
Short strides make it easier to practice the flat foot walk and prevent slipping.
Winter Walking Quiz

If you fall backwards try to minimize injury by?

a. holding out your arms.
b. curling your head and back forward.
Winter Walking Quiz

The answer is.....B.

If you fall backward, make a conscious effort to tuck your chin so your head doesn’t strike the ground with a full force.
Winter Walking Quiz

If it is necessary to walk in the street, walk facing oncoming traffic.

a. True
b. False
Winter Walking Quiz

The answer is.....True

Avoid walking in the street if at all possible. Use extra caution when crossing the street. Pay attention to vehicles as they approach you. They may have difficulty in stopping.
Winter Walking Quiz

Why is blowing and drifting snow unsafe?

a. It can obscure potholes and other hazards.
b. It can knock you down.
c. It could have shards of ice in it.
Winter Walking Quiz

The answer is.....A

Blowing/driftng snow can obscure curbs, potholes, signs, walkways and areas where ice may be under the snow.
Winter Walking Quiz

Which of the following areas often present winter walking hazards?

- a. Stairs
- b. Building entrances
- c. Curbs
- d. Shady areas
- e. All of the above
Winter Walking Quiz

The answer is.....E

Snow can cover stairways and make it difficult to see where the stairs are.

The sun has tremendous power to melt ice and snow. An area that is free of ice and snow can change to slippery and dangerous as you enter a shaded area.

Remember when entering or leaving a building you can experience a dramatic change in walking surfaces.
Winter Walking Quiz

Keeping your hands in your pockets will result in better balance on slippery surfaces?

a. True
b. False
Winter Walking Quiz

The answer is…..False

When you’re walking on a slippery surface, try to walk with your hands free and out of your pockets. This will help you to keep your balance and let you more quickly to break your fall if you do slip.

Wearing gloves not only keeps your hands warm, but also will protect your hands if you do slip and fall.
Winter Walking Quiz

Clearing away snow as quickly as possible will help prevent icy surfaces later?

a. True
b. False
Winter Walking Quiz

The answer is.....True

Clear away snow from walkways as soon as possible. The longer it stays, the more likely it's going to get packed down and become slippery.
Winter Walking Quiz

Which technique should be used when stepping off a snowy curb that is next to your car?

a. Wide gaited step
b. Down but not out technique
Winter Walking Quiz

The answer is.....B

Try to place both feet squarely on the ground. Use the vehicle for support and make sure your weight is pressing straight down on your feet as you get in or out.

If your weight is pushing down at an angle, the more likely your feet will go out from under you.
Winter Walking Quiz

Techniques that help on snow covered stairs include:

a. Clear snow with your boots carefully
b. Use Handrails
c. Jump over snow covered stairs
d. Both A & B
Winter Walking Quiz

The answer is.....D

Carefully clear away the snow with your boots so you can see the steps well enough to safely walk on them. Snow can also get packed on steps so it’s deeper at the back of the step than at the front, resulting in a slippery, dangerous slope that you step on.

Otherwise, kick away some of the packed snow so you have a flat surface to step on and use the handrails.
Winter Walking Quiz

When walking over a snowbank, which is the best walking technique to use?

a. Flat-foot walk
b. Spread-foot walk
c. Side-foot walk
Winter Walking Quiz

The answer is…..C

If you have to walk on a slope or cross a snow bank, walking carefully sideways, with your feet perpendicular to the slope can help prevent a fall. To get extra grip, plant your feet firmly using the edge of your sole for grip.
Winter Walking Quiz

When exiting a vehicle which of the following is not a proper technique?

a. Inspect the surface you are stepping onto.
b. Step as far from the vehicle as you can reach.
c. Step lightly and straight down.
d. Use the vehicle for support.
Winter Walking Quiz

The answer is.....B

When getting in our out of vehicles, try to place both feet squarely on the ground. Use the vehicle for support and make sure your weight is pressing straight down on your feet as you get in or out. If your weight is pushing down at an angle, the more likely your feet will go out from under you.
QUESTIONS??