

Winter Walking Toolbox Talk

General Information

Winter can make walking treacherous.
Follow these tips to reduce the risk of falling on snow and ice.

Winter Walking Safety Tips:

- Wear appropriate footwear, water-resistant with a sole that provides adequate traction and insulation.
- Take short steps and walk at a slower pace to react quickly to changes in traction – keep hands free for balance.
- Dress appropriately to stay warm.
 - Wear heavy clothing, coat, hat and gloves to stay warm and take your time
- Plan ahead, giving yourself sufficient time and plan your route.
- Walk on designated pathways as much as possible.
 - If you must walk on a slippery surface, slow down, take small steps, and keep your hands free for balance.
- Use special care when climbing or descending stairs, entering or leaving buildings.
 - Use handrails, when available.
- Move slowly and look ahead.
- Maintain your center of balance.
- Keep your hands out of your pockets.
- If you fall, avoid using outstretched arms to brace yourself.

Avoid:

- Talking/texting/gaming on cell phones while walking.
- Carrying more than you can easily manage and still maintain balance.
- Walking on uneven surfaces.
- Jumping or sliding.

Contact Information:

- <https://risk.uni.edu/>
- 319-273-5800



Walk like a Penguin!!!



1. Keep knees relaxed.
2. Point toes outward
3. Take short steps
4. Walk slow and deliberately
5. Keep hands free



