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

Keep your center of gravity on one leg

Wrong
Right
Winter Walking Toolbox Talk

Discussion Date: __________

Supervisor: ________________

Attendees: ________________
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