



Walking in Winter Weather

Walking to and from parking lots or between buildings during the winter requires special attention to avoid slipping and falling on ice. With an increase of extreme winter weather events in the Northeast, slips and falls are some of the most frequent types of injuries reported. Always be aware of the potential dangers - and walk safely on icy and slippery surfaces.

Walking on Ice

Penguins evolved to walk on icy surfaces and we can copy how they walk with the following tips:

- Bend slightly and walk flat-footed with your center of gravity directly over your feet as much as possible.
- Extend your arms out to your sides to maintain balance keeping your hands out of your pockets.
- Point your feet out slightly. Spreading your feet out slightly increases your center of gravity.
- Walk slowly or shuffle and watch where you are stepping.



Falling on Ice

If you are about to fall on ice, practice the following techniques:

- Try to avoid landing on your knees, wrists, or spine. Try to fall on a fleshy part of your body, such as your side.
- Try to relax your muscles if you fall and do not lock joints; you will injure yourself less if you are relaxed.

Precautions to Take

Tips for walking in winter weather:

- Wear shoes and boots with good traction; avoid shoes with smooth soles or heels.
- Wear a heavy, bulky coat that will cushion you if you should fall.
- Only carry what you need to free your hands in case of a fall and to promote balance.
- Keep your cell phone with you in case you need to call for help.