

Winter Walking Safety

Like it or not, winter is coming. Use these tips to protect yourself against slips, trips, and falls.



Wear Slip-Resistant Footwear: Choose boots or shoes with good traction to navigate icy and snowy surfaces.

Walk Slowly and Take Small Steps: This helps maintain your balance, especially on uneven or slippery ground.

Use Handrails: Whenever available, use handrails for extra support when walking up or down stairs.

Keep Your Hands Free: Avoid carrying items that obstruct your view or reduce your ability to balance.

Plan Your Route: Scan the path ahead for potential hazards like ice patches, snow piles, or debris.

Use Support When Getting In and Out of Vehicles: Hold onto the vehicle for stability.



In the last 5 years there have been 38 workers' compensation claims from falls/slips on ice or snow. The resulting loss from these claims is over \$374,000. By planning ahead and following these tips you can prevent injury caused by slipping on ice and snow. Use your head to stay on your feet and contribute to a culture of safety.

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