

»»» WINTER WALKING SAFETY



Safety Snap!



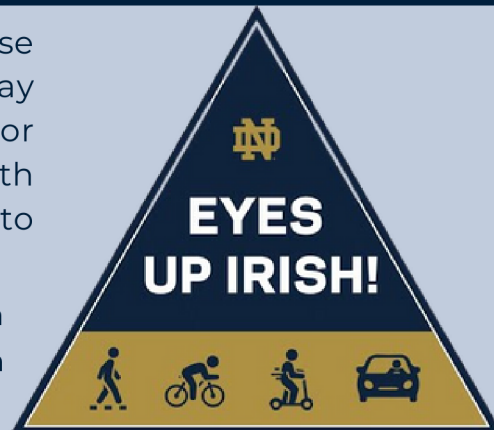
UNIVERSITY OF
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RISK MANAGEMENT AND SAFETY

Slip, Trip, and Fall injury rates on campus increase significantly when temperatures decline. You may experience slippery conditions when walking or working outdoors or when entering buildings with hard floors this winter. Here are some tips on how to stay safe in slippery conditions.



Look ahead and pay attention to the path when you are walking or riding. Don't text or scroll on your phone while you are on the move.



Appropriate footwear in inclement weather is a **MUST**. Rubber, waterproof soles will provide more traction and keep your feet warm and dry.



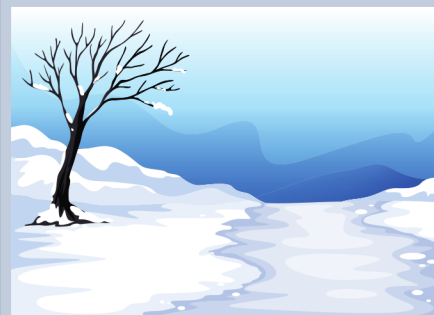
Be cautious when entering and exiting vehicles. Use the door or vehicle safety handles for support.

Walk on designated paths and avoid taking shortcuts. When possible, avoid uneven surfaces.

When navigating stairs, use the handrail and point your body slightly toward the handrail when going up or down the stairs.

When stepping off a curb, get as close to it as possible and then step down not out. Watch for slippery floors when entering buildings. Use floor mats to help remove snow and water from your footwear.

A cleared path for walking, riding or driving may not be available, plan ahead and give yourself plenty of time to reach your destination.



50% of slip and fall injuries occur on level ground. If you can't avoid walking on a slippery surface, it may help to...



»»» WALK LIKE A PENGUIN!

- Point your toes slightly outward.
- Take short steps or shuffle with flat feet for stability.
- Keep your arms extended at your sides and **NOT** in your pockets.
- Bend slightly forward with your center of gravity directly over your feet.
- Walk slowly & deliberately, with hands free, & your eyes scanning ahead.