

SAFE Winter Walking

<http://www.ehs.iastate.edu/news/walk-safe-winter>

WALK
SAFE

Use hand rails.

Avoid talking
on cell phones.

Wear proper
foot wear.

Take steps
slowly.

Maintain your
center of balance.

At Iowa State University ...

One quarter of slip and fall injuries on ice occurred while walking into work.

Walking during the winter requires special attention to avoid slipping and falling.

The National Safety Council estimates that falls cause more than 1,500 deaths and 300,000 injuries per year.



IOWA STATE UNIVERSITY
Environmental Health and Safety