

Toolbox Talks are intended to facilitate health and safety discussions. Find more Toolbox Talks on the [Occupational Safety web page](#).

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. Traction devices are available with abrasive soles or cleats.
- Dress appropriately to stay warm.
- Wear brightly colored or reflective clothing, especially if walking when it is dark.
- 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.



Discussion Date:

Supervisor:

Participants:

Avoid:

- Talking or texting on cell phones while walking.
- Carrying more than you can easily manage and still maintain balance.
- Walking on uneven surfaces.
- Jumping or sliding.

Resources: <https://www.ehs.iastate.edu/weather/winter/walking>