

Winter Walking

discussions

Discussion Date:

Supervisor:

Participants:

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.

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

		WALK SAFE	
SAFE	Winter Walki	nd Do	
	Uhwww.ehs.iastate.ndu/news/walk-		
***		0 0	
	,		
	di la	Wipe your	
		shoes on mat	ts.
Daniel Da	ove traction		
	ats when		
enteri	ng a building.		
		Wate	h.
	•	surfac	es A
Watch for melted snow and ice.			
Janous dina tau.		-	
At Iowa State Ur	ivorcity		
		s – please don't be a statistic this y	mari
Walking during the winter requires	special attention to avoid slipping	and falling.	
The National Safety Council estimat	tes that falls cause more than 1,50	0 deaths and 300,000 injuries per yea	r.
Torque .			
Harry Sariety	www.ehs.iastate.edu	IOWA STATE UNIVERS Environmental Health and S	
synohl 6 2018 Iowa State University All Rights Reserved.			

IOWA STAT	e University
Environmental He	ealth and Safety