

SAFE Winter Walking

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

WALK
SAFE



Remove traction
cleats when
entering a building.



Wipe your
shoes on mats.



Watch for melted
snow and ice.



At Iowa State University ...

More than 50% of falls on snow and ice result in serious injuries – please don't be a statistic this year!

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
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Maintain three points of contact when stepping out of higher vehicles (trucks, SUV's etc ...)



Use the vehicle for support.



Do not grab objects as you are exiting. Exit the vehicle then retrieve items.



Use caution when shifting your weight to exit a vehicle.

At Iowa State University ...

One third of slip and fall injuries on ice occurred in parking lots.

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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.

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