

SAFE Winter Walking

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

WALK
SAFE

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.

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