



Safety Tips for Snow and Ice

During the winter months, the number of injuries related to slips and falls increases. Below are a number of essential tips to help prevent winter slip and fall incidents especially in icy and snowy conditions:

1. **Wear appropriate footwear** for the weather. Boots with rubber soles or non-slip treads.
2. **Walk like a penguin.**
3. **Step down**, not out from curbs.
4. **Plan ahead.** Do not rush; give yourself plenty of time to get to your destination when conditions are likely to be slippery.
5. **Anticipate hazards as you are walking.** Walking consciously on icy and snowy sidewalks and parking lots. Take shorter strides if you think the walking surface might be slippery.
6. **Avoid listening to music, talking on the phone or texting while walking** in icy or snowy conditions.
7. **Check your surroundings.** What appears to be wet pavement may be black ice, so approach it with caution. Ice will often appear in the mornings, so be more aware in the early hours.
8. **Take stairs slowly.** When walking up or down stair, take them slowly and deliberately. Plant your feet securely on each step and have a firm grip on the handrail.
9. **Enter the building slowly.** The floors of the building may be covered in melted snow and ice, so check the entrance and try to step on any rugs in the entry and wipe your footwear. Tracked in snow and slush often causes slips and falls.
10. **Keep at least one hand on the handle or grab bar** when getting out of a vehicle to catch yourself if you start to slip.
11. **Avoid shortcuts.** A shortcut path may be dangerous because it is less likely that snow and ice removal occurred.
12. **Try to keep hands free.** Avoid walking with your hands in your pockets or carrying too many items.
13. **When the District has called a delay**, please do not arrive at your normal time. Please give the Custodial and Maintenance Staff the additional time to make sure that parking lots and walkways have been cleared and treated.