Slips, Trips, and Falls – Winter
No matter how well the removal of snow and ice is from a given area, you may still experience some slippery conditions when walking outdoors in winter.

1 million Americans are injured, and 17,000 people die, as a result of slip and fall injuries every year.*

slip and fall injury rates increase significantly as temperatures decline.*

50% people injured in slip and fall injuries are walking on level ground when they slip.*

Walking Safely on Snow and Ice, *Walk Like a Penguin!*

• Point your feet out slightly like a penguin
• Bend your knees slightly and walk flat-footed
• Extend your arms out to your sides to maintain balance
• Take short steps or shuffle for stability

Be Safe on Ice

- Wear shoes or boots that provide traction on snow & ice
- Watch where you are stepping and move SLOWLY.
- Use special care when entering/exiting vehicles
- Assume that all wet, dark areas on pavements are slippery and icy.
- Keep your hands out of your pockets. You need your hands to help break your fall if you slip.
- Walk in designated walkways. Taking shortcuts through snow piles can be hazardous.

*Centers for Disease Control and Prevention