

Tips for Walking on Ice

1: Wear proper boots

Proper footwear should place the entire foot on the surface of the ground and have visible treads. Avoid a smooth sole.

2: Dress to see and be seen

Wear sunglasses so you can see in the reflective light of the snow. Also, wear a bright coat or scarf so drivers can easily see you.

3: Plan ahead

While walking on snow or ice, walk consciously. Instead of looking down, look up and anticipate ice or an uneven surface.

4: Make sure you can hear

Avoid listening to music or engaging in conversations that may prevent you from hearing oncoming traffic or snow removal equipment.

5: Anticipate ice

Be wary of thin sheets of ice that may appear as wet pavement (black ice). Snow that melts during the day can quickly freeze once temperatures drop.

6: Go slow on steps

When walking down steps, be sure to grip handrails firmly and plant your feet securely on each step.

7: Be careful in entrances

When you get to your destination (such as school, work or a shopping center), be sure to look at the floor as you enter. The floor may be wet with melted snow and ice.

8: Shift weight carefully

When stepping off a curb or getting into a car, be careful shifting your weight. It could cause an imbalance and result in a fall.

9: Avoid shortcuts

Shortcuts are a good idea if you're in a hurry, but they may be a bad idea when there's snow and ice on the ground. A shortcut path may be treacherous if snow and ice removal isn't possible.

10: Look up

Be careful about what you walk under. Injuries also can result from falling snow/ice as it blows, melts or breaks away from awnings and buildings.