



Walking Safely on Ice and Snow

Walk Like a Penguin in a Winter Workplace

Walking to and from parking lots, across campus, on sidewalks and steps on campus during the winter requires special attention to avoid slipping and falling. Slips and falls are one of the most frequent types of injuries at IUPUI—especially during the winter months.

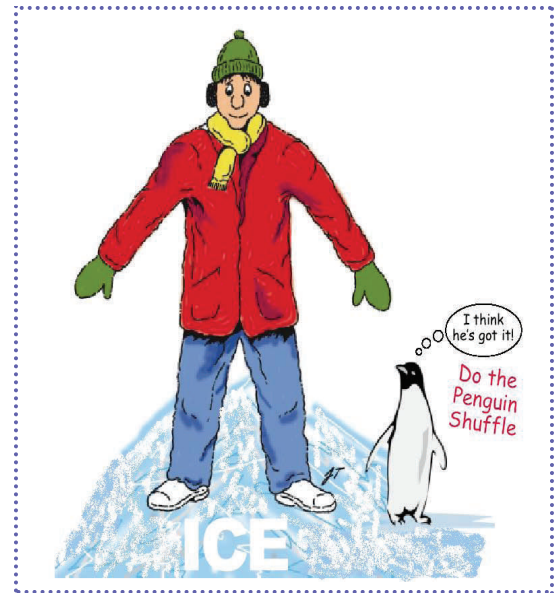
No matter how well the snow and ice are removed from the parking lots, sidewalks, or stairs; employees and students will still encounter some slippery surfaces when walking outdoors in the winter. It is important for everyone to be constantly aware of these dangers and to learn to walk safely on ice and slippery surfaces.

Reminders

- Wear appropriate shoes.
- Walk in designated walkways.
- Watch where you are walking.
- Walk slowly.

Keep the following important safety tips in mind:

- * In cold temperatures, approach with caution and assume that all wet, dark areas on pavements are slippery and icy.
- * During bad weather, avoid boots or shoes with smooth soles and heels. Instead, wear shoes or boots that provide traction on snow and ice; boots made of non-slip rubber or neoprene with grooved soles are the best.
- * Use special care when entering and exiting vehicles; use the vehicle for support.



* Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous.

* Look ahead when you walk; a snow-or-ice covered sidewalk or driveway may require travel along its grassy edge for traction.

* Point your feet out slightly like a penguin and shuffle! Spreading your feet out slightly while walking on ice improves your stability.

* Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.

* Extend your arms out to your sides to maintain balance.

* Keep your hands out of your pockets. Hands in your pockets while walking decreases your center of gravity and balance. You can also break your fall with your hands free if you do start to slip.

* Watch where you are stepping andGO S-L-O-W-L-Y!!!!!!

* Take short steps or shuffle for stability.

* If you begin to fall, relax your muscles; you will injure yourself less if you are relaxed. Avoid landing on your knees, wrists, tailbone or spine. Fall on a fleshy part of your body, such as your side.

