

WALKING ON ICE & SNOW TRAINING MODULE



No matter how well the snow and ice are removed from streets and sidewalks.....people will encounter some slippery surfaces when walking outdoors in the winter.

Many cold-weather injuries are the result of falls on ice-covered streets and sidewalks. Getting around in icy conditions calls for planning, caution, and a little common sense.

This Walking on Ice & Snow – Right to Know Training Module includes the following:

- What to Wear
- How to Walk
- Where to Walk
- Dealing with Traffic
- Walking on Ice & Snow Quiz

What to Wear



Walking on snow or ice is especially treacherous. Dress warmly and wear boots with non-skid soles (avoid plastic and leather soles). Keep warm, but make sure you can hear what's going on around you. Wear a bright scarf or hat or reflective gear so drivers can see you, and whatever you wear, make sure it doesn't block your vision or make it hard for you to hear traffic. During the daytime, wear sunglasses to help you see better and avoid hazards. At night, wear bright clothing or reflective gear. Dark clothing will make it difficult for motorists to see you - - especially if they aren't expecting you.

How to Walk

Plan ahead and give yourself sufficient time. When walking on steps, always use the hand railings and plant your feet firmly on each step. When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction. Bending your knees a little and taking slower and shorter steps increases traction and can greatly reduce your chances of falling. It also helps to stop occasionally to break momentum. Streets and sidewalks that have been cleared of snow and ice should still be approached with caution. Look out for “black ice.” Dew, fog, or water vapor can freeze on cold surfaces and form an extra-thin, nearly invisible layer of ice that can look





like a wet spot on the pavement. It often shows up early in the morning or in areas that are shaded from the sun. A heavy backpack or other load can challenge your sense of balance. Try not to carry too much – you need to leave your hands and arms free to better balance yourself. Be prepared to fall and try to avoid using your arms to break your fall. If you fall backward, make a conscious effort to tuck your chin so your head doesn't strike the ground with full force. When entering a building, remove as much snow and water from your boots as you can. Take notice that floors and stairs may be wet and slippery – walk carefully. Use special care when entering and exiting vehicles – use the vehicle for support.

Where to Walk

Walk on sidewalks if possible.



If sidewalks are covered in snow and ice, one option is to walk along their grassy edges for traction. If you must walk in the street, walk against the flow of traffic and as close to the curb as you can. Taking shortcuts through areas where snow and ice removal is not feasible can be hazardous.

Avoid areas where there is a danger of falling ice.

As if there wasn't enough danger of falling on ice, you must be aware of ice that may fall on you! Icicles hanging from eaves, sheets of ice on sloping roofs, and tree branches bearing the additional weight of ice are things you need to look out for. They can fall quickly and silently.



Dealing with Traffic



If you must walk in the street, walk against the flow of traffic and as close to the curb as you can. Before you step off the curb, make sure oncoming cars and trucks have come to a complete stop. Due to poor road conditions, motorists may not be able to stop at traffic signals or slow down for pedestrians who have the right of way.

Be on the lookout for vehicles that may have lost traction and are slipping toward you. Be aware that approaching vehicles may not be able to stop at crosswalks or traffic signals. Streets and parking lots may be temporarily blocked for snow removal operations. It is imperative that drivers yield to snow removal equipment during these times.

Walking on Ice & Snow Quiz

- Boots with plastic soles provide poor traction on snow and ice.
 - True
 - False
- Bright, reflective clothing helps motorists see you in daylight or dark.
 - True
 - False
- Which of the following can reduce your chances of falling on a slippery street or sidewalk?
 - Bending your knees and taking shorter steps
 - Walking at a slower pace
 - Stopping occasionally to break your momentum
 - All of the above
- Wearing sunglasses won't help you see better when everything is covered with snow.
 - True
 - False
- Taking shortcuts through un-cleared areas is all right as long as you avoid traffic.
 - True
 - False
- People walking should be aware of ice that may fall from:
 - Eaves
 - Sloping Roofs
 - Trees
 - All of the above
- If you have no choice but to walk on the street, always walk where you can face oncoming traffic.
 - True
 - False
- When snow or ice is covering the ground, you only have to worry about slipping and falling outdoors.
 - True
 - False
- As long as your hands are free, a heavy back pack won't challenge your sense of balance on an icy sidewalk.
 - True
 - False
- You can practice movements that may lessen your chance of serious injury if you happen to fall.
 - True
 - False