

## Safe Winter Walking

Walking outdoors during the winter requires special attention to avoid slipping and falling. Slips and falls are some of the most frequent types of injuries that occur during the winter months. No matter how well snow and ice are removed from parking lots and sidewalks, pedestrians 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.

- Use designated walkways. Avoid using shortcuts and self-made paths as these may be very icy and slippery — stay on the cleared sidewalks, even if it takes extra time.
- Avoid carrying loads that obstruct your view, especially on stairways — consider wearing a backpack
- Wear appropriate winter footwear with traction. Avoid wearing smooth-soled or high-heeled footwear outside. Switch to winter-appropriate footwear, even if you're walking a short distance.
- Allow yourself additional time to get where you're going.
- Take small steps to keep your centre of balance under you.
- Walk slowly and never run on icy ground.
- Keep both hands free for balance, rather than in your pockets.
- Use handrails where available.
- Keep your eyes on where you are going.
- Test potentially slick areas by tapping your foot on them. There's a good chance areas that look wet will be slippery at low temperatures.
- Step — don't jump — from vehicles and equipment.
- Don't look at your cellphone and walk at the same time.
- If caught on ice, do the "Penguin Shuffle" *Keep your head up, point your feet out, take slow short steps or shuffle, extend your arms out to your sides for balance and walk flat footed.*

### Report slippery and icy areas

Report snow-covered or icy sidewalks and roadways to Facilities Management by phone at 902 867 2149, Monday through Friday 8 am to 4 pm, or contact Campus Safety and Security after hours by phone at 902 867 4444.

### What to do if you or someone you see falls

- If the person is injured, call Safety and Security at 902 867 4444 to report any injuries or 911 in cases of emergency.
- Contact Facilities Management to report the slippery area at 902 867 2149, Monday through Friday 8 am to 4 pm, or contact Safety and Security after hours by phone at 902 867 4444.
- It is important to also report any near miss or injury incidents to your Supervisor.