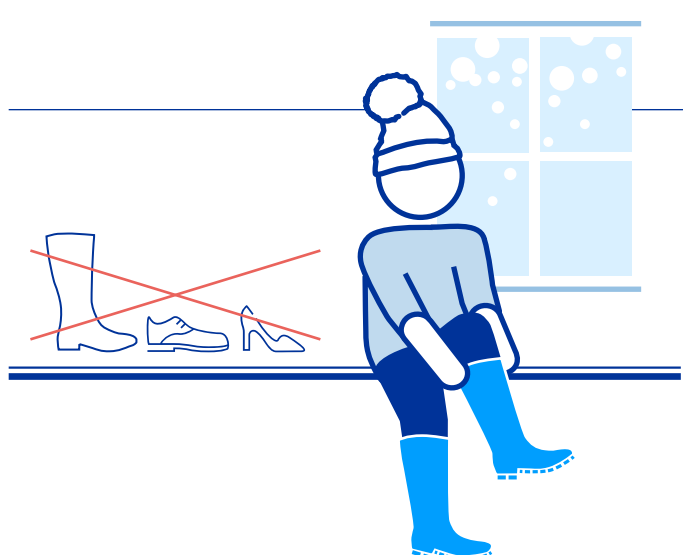


Ten tips for walking in snow and ice

Follow these **10 tips** to reduce these risks during winter weather.

Walking in wintry conditions can be hazardous as slips and falls can occur more frequently.

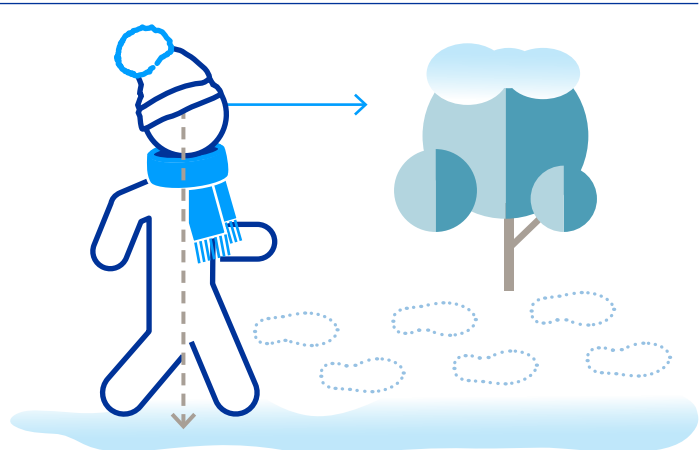


1 Wear proper footwear

Wear a good pair of winter boots that are waterproof, warm and have proper traction. Avoid shoes or boots with smooth, leather or plastic soles. Instead opt for heavy treads with rubber soles.

2 Tread carefully

Walk slowly and take small steps to maintain your center of balance over your feet. Keep your eyes focused on where you are going and plan your next steps, while anticipating the possibility of falling.

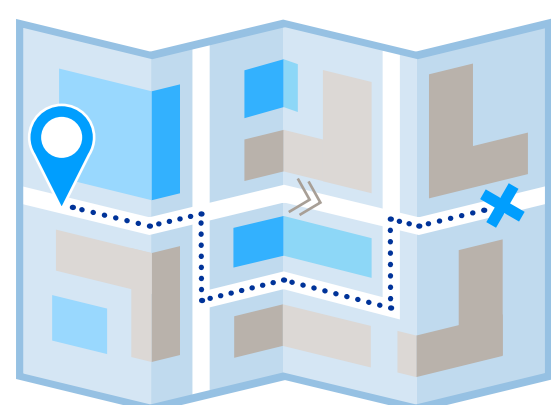


3 See and be seen

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

4 Make sure you can hear

Ensure you can hear approaching traffic and other noises. Avoid listening to music or engaging in conversation that may prevent you from hearing oncoming traffic or snow removal equipment.

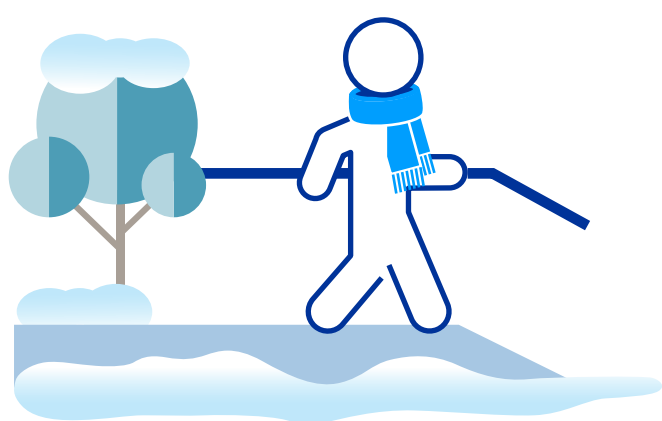
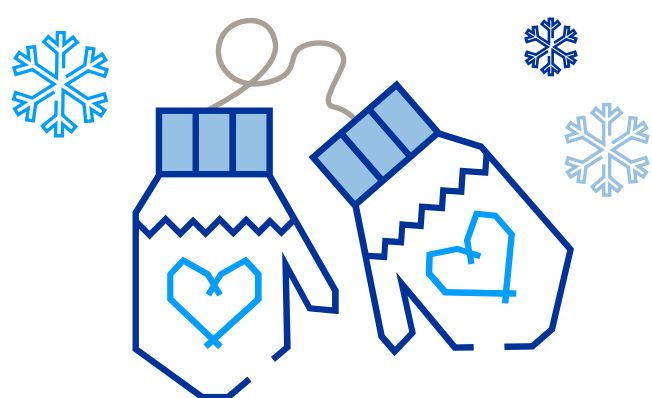


5 Plan ahead

Plan your route and allow sufficient time to reach your destination. Avoid shortcuts and be cautious of taking uphill and downhill sections on your route.

6 Use your hands

To help your balance, keep your hands at your sides and not in your pockets. Use handrails or railings when possible and wear gloves to protect your hands and assist with your grip.



7 Walk steps slowly

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

8 Be careful when you shift your weight

When stepping off a curb or getting into or exiting a vehicle, be careful since shifting your weight may cause an imbalance and result in a fall.



9 Enter buildings carefully

When you get to your destination, such as an office, be sure to look at the floor as you enter the building. The floor may be wet with melted snow and ice.

10 Avoid carrying bulky items

Avoid carrying heavy or bulky items, especially on stairs in slippery, wet or icy conditions. If you need to carry items, keep one hand free to hold onto railings and ensure your vision is not obstructed.

