

# Safety TIPSheet

# Be SAFE on ICE

**W**alking to and from parking lots or between buildings at work during the winter requires special attention to avoid slipping and falling. Slips and falls are some of the most frequent types of injuries that MCC sees – especially during the winter months.

No matter how hard the Grounds Crew works to keep the parking lots and sidewalks clear you 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.

Please keep these 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 best.
- \* When getting out of your car, swing a leg out and check for slippery conditions. Hold onto your car door to give you extra support and prevent slipping and falling.
- \* Use walkways that have been salted or shoveled. Don't take shortcuts over snow piles or in areas where snow and ice removal isn't feasible.
- \* **Point your feet out slightly like a penguin!** Spreading your feet out slightly while walking on ice increases your center of gravity.

## Walking Safely *Like a Penguin* in a Winter Workplace Wonderland

- \* 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 help break your fall with your hands free if you do start to slip.
- \* **Watch where you are stepping and ... GO S-L-O-W-L-Y!!**
- \* Take short steps or shuffle for stability.
- \* Try to avoid landing on your knees, wrists, or spine. Try to fall on a fleshy part of your body, such as your side.

