

# Icy Weather Safety



## How to Walk on Ice Safely

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# Wear Proper Footwear



**Choose shoes or boots with good traction (rubber soles, tread patterns).**

**Consider slip-on ice cleats for extra grip.**



# Adopt the "Penguin Walk"



**Lean Slightly Forward:** Keep your weight over your front foot.



**Take Small Steps:** Move slowly and deliberately, keeping your stride short.



**Walk Flat-Footed:** Place your entire foot down at once instead of heel-to-toe.



# Keep Your Hands Free



**Avoid carrying heavy items or putting your hands in your pockets.**

**Use your arms for balance.**



# Watch Where You Step



**Look for patches of ice or snow that may conceal slippery spots.**



**Test the ground before committing your full weight to each step.**



# Use Railings and Supports



**Hold onto handrails or other stable objects for added balance on stairs or ramps.**



# Avoid Sudden Movements



**Refrain from quick turns, twists, or running, as they increase the chance of slipping.**



# Distribute Weight Evenly



**Walk slowly and evenly to reduce the risk of losing balance**

**If carrying something, keep it close to your body**



# Stay Alert!



**Keep an eye on  
the weather  
and surface  
conditions**

**Avoid  
distractions  
like phones  
while walking**



# If You Do Fall

**Try to relax and  
roll with the fall  
to minimize  
impact**

**Avoid bracing  
with your hands;  
aim to fall on  
your side or back**



# Plan Your Route

**Use salted or sanded paths when available**

**Avoid walking over large, untreated, icy areas**



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