

Safe Pedestrian Travel

Walking to and from parking lots and between buildings during the winter requires special attention to avoid slipping and falling. There is an estimated 1500 deaths per year, along with approximately 300,000 injuries from occupational falls in Canada.

No matter how well the snow and ice are removed from streets and sidewalks, employees will encounter some slippery surfaces when walking outdoors in the winter. Each year numerous employees are injured from slips and falls. It is important to be continually aware of the dangers and to walk safely on ice and slippery surfaces.

- Plan ahead; give yourself sufficient time and plan your route.
- Wear shoes or boots with good traction: rubber and neoprene composite. Avoid plastic and leather soles.
- Use special care when entering and exiting vehicles; use the vehicle for support.
- Walk in designated walkways. Taking shortcuts over snow piles and areas where snow and ice are present can be hazardous.
- Look ahead when you walk; if a sidewalk is ice covered, walk along the edges for better traction.
- When given no choice but to walk on ice, consider the following:
 - Take short steps or shuffle for stability.
 - Bend slightly, walk flat-footed with your center of gravity directly over the feet as much as possible.
 - Be prepared to fall.
 - If you fall, fall with sequential contacts at your thigh, hip, and shoulder to avoid using your arms to protect against breakage.
 - Tuck your chin in to protect your head from contacting the ice.
- Finally, when entering buildings, remove snow and water from footwear to prevent creating wet slippery conditions indoors.