



WINTER WALKING SAFETY TIPS

Winter, and the snow and ice it brings to cover the roads, sidewalks and parking lots can be quite dangerous.

Falls due to ice and snow are one of the most common injury causing incidents on campus

Take steps now to prevent a fall by learning and implementing these tips.



Be Safe

- Plan extra time on your schedule
- Remove snow from shoes before entering building
- Always use handrail
- Wear appropriate footwear
 - Consider *Yax Trax*



Be Smart

- Walk at a slower pace
- Stay on designated walkways
- Watch for and avoid slippery surface
- Avoid using cell phones



Be Seen

- Wear visible clothing
- Wait for vehicles to stop completely before crossing the road

Approaching vehicles may not be able stop immediately due to road conditions

If you fall

Relax and try to fall as limply as possible

Avoid using your arms to break your fall

If you need immediate medical attention, call (801) 585-COPS (2677)

** Report unsafe or dangerous areas to snow removal crews
(801) 581-7221

For additional information:
www.ehs.utah.edu