

Winter Hazards: Fall Prevention Tips

Plan Ahead to Prevent Falls

Wear appropriate gear, no matter how long you plan to be outside

Treat surfaces with Ice Melt

Bring phone and let people know where you are

Prepare for ice in areas where water is known to accumulate

Ice Safety: Adopt new movements for ice

Walk Like a Penguin

- Take short, slow, flat-footed steps
- Keep feet under your center of gravity
- Keep hands and arms free to help adjust balance

Other Adjustments:

- When exiting a car, step *DOWN* not OUT
- Use handrails, avoid slopes
- Keep your head up and don't lean forward when walking

Use Additional Traction on Slippery Surfaces



coil



chain



spike



crampon

To Prevent Falling through Frozen Water Bodies

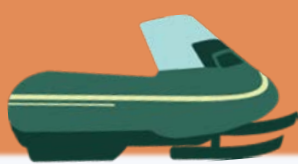
Prepare before walking/driving onto ice

- Bring safety kit when on the ice to respond if someone falls through (dry clothes, throw rope, hand warmer, whistle)
- Check thickness every 150 ft. at a minimum
- Depths given *below* should be doubled with refrozen ice

Check to make sure you have at least the minimum ice depth based on weight (depths for *new ice* only)



4"



5-7"



8-12"



12-15"

Double these depths if ice has been refrozen.