

FALL PREVENTION TIPS:



GREAT PLAINS
Center for Agricultural Health

WINTER HAZARDS

Treat surfaces with Ice Melt.



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



Bring a phone & let people know where you are.



Prepare for ice in areas where water is known to accumulate.



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

Chain



Coil



Spike



Crampon



PREVENTING FALLS: FROZEN BODIES OF WATER

Prepare Before Walking or Driving onto Ice: Bring safety kit when on the ice to respond if someone falls through

- Dry clothes, throw rope, hand warmer, whistle

Check Ice Depth: Ensure you have at least the minimum ice depth necessary based on weight

MEASURING ICE THICKNESS:

Ice Auger - Most traditional & reliable tool

1. Choose a safe area near the shore.
2. Drill a hole straight through ice.
3. Insert a **measuring tape or stick** into hole until it hits water.
4. Mark where the ice surface meets the tool, then measure the distance.

**Check thickness of ice every 10-15 feet as you move out onto the ice.*



ICE THICKNESS	ACTIVITY	SAFETY RATING
2 inches or less	Stay off ice	Unsafe
4 inches	Ice fishing, walking	Safe for one person
5-7 inches	Snowmobile or ATV	Generally safe
8-12 inches	Small car or group of people	Caution required
12-15 inches	Medium truck	Safer under ideal conditions

Depths above are for **new ice only. Double these ice depths if ice has been refrozen.*