Walking in winter weather can be particularly dangerous. Ice/snow injuries from slipping and falling on parking lots and sidewalks are very common and can cause broken arms, wrists, hips, and other serious injuries. UI had roughly 37 incidents in 2018 and 43 incidents in 2019 that were related to the wintery conditions. General tips to help you be prepared and stay safe when conditions are icy, snowy, slippery:

• **Wear footwear that has good traction and insulation.** You should always wear shoes or boots made of non-slip rubber or neoprene with grooved soles when walking on snow and ice. Wearing ice cleats over your shoes can provide extra traction.

• **Walk like a penguin!** Point your feet out slightly or angled like a penguin. Spreading your feet out slightly while walking on ice increases your center of gravity. Bend and lean slightly forward and walk flat-footed with your center of gravity directly over the feet as much as possible. Taking short steps and shuffling your feet will help you keep your balance as well. Extend your arms out to your sides to maintain your balance.

• **Carry loads in your dominant hand.** This can help prevent you from using your dominant hand to break your fall, and avoid injuring your hand, wrist, or arm. If possible, do not carry children while walking on slippery conditions because a fall could put the child’s safety in serious jeopardy.

• **Keep your hands out of your pockets.** Putting your hands in your pockets while walking may keep them warm, but it decreases your center of gravity, balance, and increases your chances of slipping and falling. Use handrails for balance when possible.

• **Pay attention** to the path in front of you and GO SLOWLY.

• **If you do slip/fall, try to fall on a fleshy part of your body,** such as your side, and relax if you can to lessen the risk for injury.

In cold temperatures, assume that all wet, dark areas on pavement are slippery. A thin layer of moisture can freeze on cold surfaces, forming a nearly invisible layer of black ice that can look like a wet spot.

*Winter weather can be irritating enough without adding injury to the equation. Stay Safe!*