

# Winter Walking Safety Tips

**Ice and snow can lead to serious slip and fall injuries. Follow these tips and reduce the odds of getting hurt.**

- **Wear the right shoes**
  - insulated boots with good rubber treads
  - rubber over-shoes with good treads
  - ice cleats/crampons
- **Use cleared, designated routes**  
UK Snow Removal Plan  
[http://www.ppd.uky.edu/snow\\_removal/](http://www.ppd.uky.edu/snow_removal/)  
(UK computer/network access)
- **Take short steps and walk at a slower pace**
- **Be on the lookout for sliding out of control vehicles**
- **Utilize the handrail when climbing up or down stairs**
- **Wear bright clothing or reflective gear at night**
- **Wear sunglasses during the daytime to help you see better**
- **Remove as much snow as possible from shoes before entering a building**
  - Stay on mats inside buildings
  - Be aware of wet and/or slick surfaces

