

Preventing Ice Related Injuries



Risk Management & Safety

Safety Office, Wyoming Hall 102

Phone: (307) 766-3277 Fax: (307)766-6116

Regulated Materials Management Center

Phone: (307)766-3696 Fax: (307)766-3699

web: www.uwyo.edu/ehs email: uwehs@uwyo.edu

Walking in a Wyoming Winterland



DO NOT underestimate the dangers of snow and ice when walking on sidewalks and in public places, or when entering or exiting your car or truck. Even if surfaces do not look slippery, they may have a thin covering of ice.

The following tips can help you avoid a serious injury that could lead to medical bills and a long recovery:



Wear proper footwear. Rubber or neoprene soles, especially those with plenty of tread, provide better traction on snow and ice than either leather or plastic soles, making them the best choice for fall prevention.

Beware of black ice. It is just as slippery as regular ice. Stay on clear pathways or ones that have been treated with sand or salt if possible.

Step down, not out. Make sure your footing is clear when you get out of your vehicle. Be careful of transitions like from a curb to sidewalk.

On icy surfaces, walk like a penguin.

Keep your knees loose, extend your arms for balance, point your feet out, and take slow, short steps to reduce the chances of a fall.



Be careful and pay attention. Don't be in a rush. Allow extra time to reach your destination safely. Avoid short-cuts over snow or icy areas.

Report icy areas on campus to the Physical Plant Service Desk: 766-6225.

Safety: It's Your Job

Make winter safety a priority.