In the winter, slips and falls on ice and snow are some of the most common injury causes at Colby College. By following the tips and recommendations below, you can reduce the chances that you will fall and get hurt this winter.

**Winter Walking Tips:**

- Wear footwear with slip resistant soles and good treads.
- Adjust your pace to the surface conditions...GO S-L-O-W.
- Watch where you are stepping and always step down off curbs before stepping out or away.
- Walk in cleared designated walkways as much as possible.
- Keep your hands out of your pockets.
- Anticipate ice. Be weary of thin sheets of ice that may appear as wet pavement (black ice). Often ice will appear in the morning, in shady spots or where the sun shines during the day and melted snow refreezes at night.

**Winter Lessons: How to Walk on Ice**

1. Normally, when we walk, our legs’ ability to support our weight is split mid-stride.
2. Walking this way on ice forces each leg to support the weight of the body at an angle that is not perpendicular to the surface of the ice, resulting in a nasty fall.

1. To walk on ice, keep your center of gravity over your front leg.
2. One animal that has figured this out is a penguin. Think of yourself as a penguin and you’ll be all right.
In Short: Walk Like a Penguin!
- Walk flat footed.
- Arms out for balance and to catch yourself if you slip.
- Weight over front foot.
- Feet pointed slightly out.
- Take short steps or shuffle for stability. It also helps to stop occasionally to break momentum.

The Numbers:
- 12 out of 14 slip and fall accidents at Colby in 2014 were due to ice or snow
- 5% the number of slip and fall accidents that result in broken bones
- 17,000 Americans die from slip and fall accidents each year
Review / Discussion Questions:

1. What are some ways you can protect yourself from a slip and fall accident at Colby?
2. What are some ways you can protect other Colby employees from falling on ice?
3. What is black ice? Why is it a problem?

Questions, concerns or comments contact the EHS Director at extension 5504.