

5 Tricks Not to Fall on Ice

We are all bound to slip and fall at some point in our lives. You can chalk it up to just being clumsy, or there may be more environmental factors at play. In regards to the latter, this is more pertinent during the winter season. Trying to traverse surfaces that have been frozen solid by ice is a delicate process.



You will want to have all senses engaged when walking on ice. Not paying attention can lead to a potentially damaging slip and fall in mere seconds. In order to avoid this precarious situation, you should check out these 5 tricks on how to not slip-on ice:

- **Wear proper footwear.**
Be sure you have a pair of lightweight boots with good support. You also can purchase snow grips for the bottoms of your shoes or boots.
- **Take your time.**
Do not hurry while walking outside. Pay attention to your steps and walk slowly.
- **Use assistance.**
Always use handrails, a walking stick, your walker or cane when out in winter weather.
- **Take small steps.**
Small steps, almost from side to side, help you maintain your center of gravity. Take small steps and waddle a bit like a penguin.
- **Stay inside.**
On days when it is icy and you do not need to go anywhere, stay inside.

If you do feel yourself falling, don't try to catch yourself with your arms. That can lead to more injuries. Try to take the hit on your buttock or back. After a fall, wait for someone to help you in case you are injured or to avoid subsequent falls. Some people further injure themselves by springing up after a fall instead of waiting for help.

Resources:

Mayo Clinic Health Systems: [How to Avoid Winter Slips and Falls](#)

NDDOT: [Dangerous Icy conditions: 8 Tricks Not to Fall on Ice](#)



Safety Talks are published by NDLTAP in cooperation with the National Local Technical Assistance Association and participating partner organizations.



Safety Talk Sign-in Sheet Topic 5 Tricks Not to Fall on Ice

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