

JANUARY 2020 CCDC SAFETY MESSAGE

During the winter we get many forms of precipitation, at some point many of them create ice on walking surfaces. There may be a time when as you are walking you come across a patch of ice you cannot avoid. The University of Maryland has the following recommendation for safe winter walking.

Walk like a penguin to help you avoid that painful slip on to the pavement.

- Walk flat footed and take short shuffling steps
- Wear footwear that provides traction or add on ice traction devices.
- Step down straight down, not out from curbs
- Go hands free and use your arms for balance.



THINK **S**MART, BE **A**WARE, BE **F**LEXIBLE, BE **E**DUICATED (**SAFE**)