



WINTER WALKING SAFETY

Winter, and the snow and ice it brings to cover the roads, sidewalks and parking lots can be quite dangerous. Falls due to ice and snow are one of the most common injury causing incidents on campus. Take steps now to prevent a fall by learning and implementing these suggestions:

Be Safe

- Plan extra time on your schedule to prevent being in a rush. Most accidents occur due to inattention or being in a hurry.
- Remove snow from shoes before entering any building.
- Always use a handrail when climbing up and down stairs.
- Always use handrail when going in and out of buildings, vehicles or public transportation.
- Wear footwear with traction.

Be Smart

- Walk at a slower pace.
- Stay on designated walkways.
- Watch for and avoid slippery surfaces.

Be Seen

- Wear visible clothing especially at night or during heavy snow.
- Wait for vehicles to stop completely before crossing the road.
- Approaching vehicles may not be able to stop immediately due to road conditions.

If you fall, relax and try to fall as limply as possible. Avoid using your arms to stop your fall.

*If you need immediate medical attention call WMU Public Safety at (269) 387-5555 or 911.

*To report unsafe or dangerous areas call the Landscape Services Department at (269) 387-8557.

*Submit an accident/injury form if injuries occur on-campus.

-Go to: <http://esem.wmich.edu/ehacc1.htm>

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.

oblique angle=nasty fall



WRONG WAY



- 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.



RIGHT WAY

