



[Home](#) > [News](#) > [Today at Wilkes](#) > [January](#) > [December](#) >

December

Stay Safe While Walking this Winter

December 16, 2019 | Submitted by: Today@Wilkes

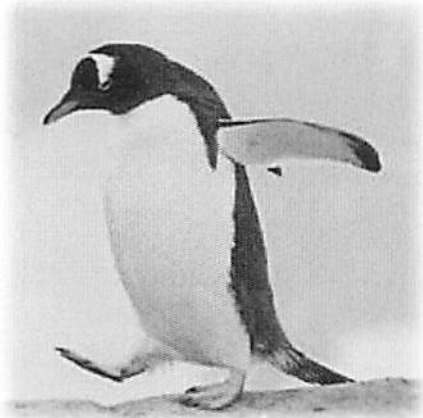
Winter is here. So are the ice, snow and slippery conditions that make getting around a challenge. All too often these conditions lead to a serious slip-and-fall injury. Follow the tips below to learn how you can help keep yourself safe and injury-free while walking in these often treacherous conditions.

Walking to and from parking lots or between buildings at work during the winter requires special attention to avoid slipping and falling on ice. With an increase of extreme winter weather events in the northeast, slips and falls are some of the most frequent types of injuries reported. Always be aware of the potential dangers associated with snow and ice and learn how to walk safely on icy and slippery surfaces.

Walking on Ice

Always assume that all wet and dark areas on pavement are slippery or icy. Penguins evolved to walk on icy surfaces and we can emulate how they walk with the following tips:

- Bend slightly and walk flat-footed with your center of gravity directly over your feet as much as possible.
- Extend your arms out to your sides to maintain balance, keeping your hands out of your pockets.
- Point your feet out slightly. Spreading your feet out slightly increases your center of gravity.
- Walk slowly or shuffle and watch where you are stepping.
- Approach all surfaces with caution and be careful when entering or exiting a vehicle.
- Only walk in designated walkways; taking shortcuts can be hazardous.



Do the Penguin Shuffle

Falling on Ice

If you are about to fall on ice, practice the following techniques:

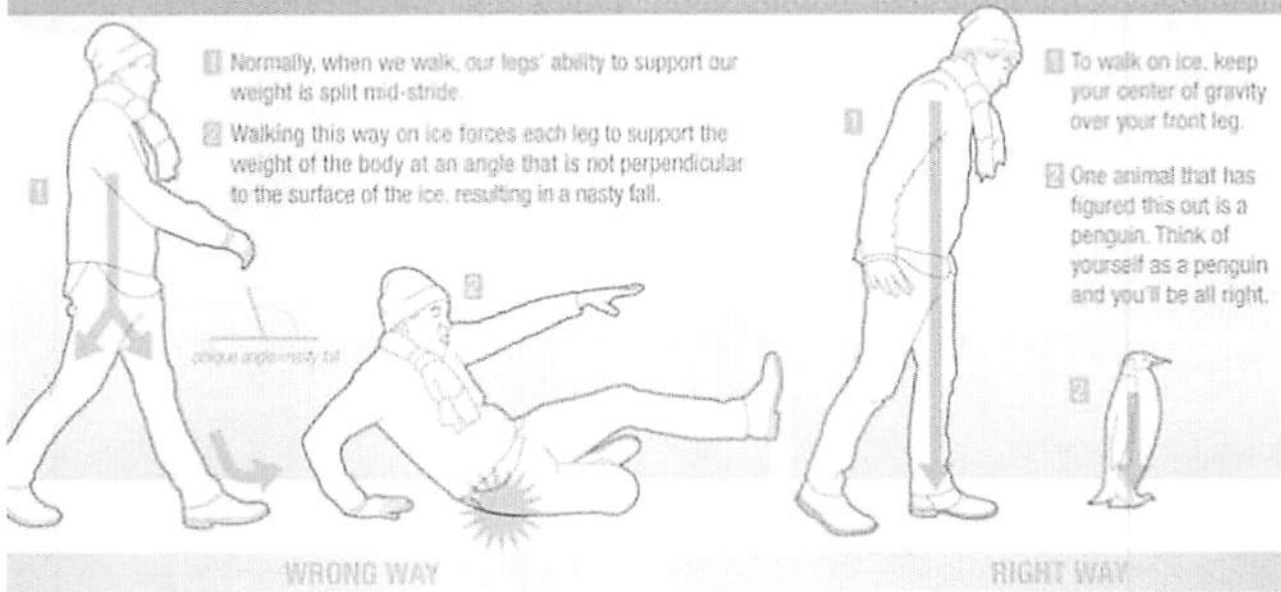
- Try to avoid landing on your knees, wrists, or spine. Try to fall on a fleshy part of your body, such as your side.
- Try to relax your muscles if you fall and do not lock joints; you will injure yourself less if you are relaxed.

Precautions to Take

The following precautions should be taken before you experience an icy surface:

- Wear shoes and boots with good traction; avoid shoes with smooth soles or heels.
- Wear a heavy, bulky coat that will cushion you if you should fall.
- Only carry what you need to free your hands in case of a fall and to promote balance.
- Keep your cell phone with you in case you need to call for help.

**WINTER LESSONS:
HOW TO WALK ON ICE**



If you notice a slippery/icy area

Contact Facilities Management to let them know that an area requires attention. You can either call 570-408-2FIX (2349) or email 2fix@wilkes.edu.

Please be sure to provide specific information about the area that needs attention so it can be addressed quickly (i.e. icy spot on the sidewalk near the John Wilkes Statue or icy spot on the sidewalk by the north entrance to Breiseth).

If someone falls

If the person is injured, contact the Department of Public Safety immediately at 570-408-4999.

Contact Facilities Management to let them know that an area requires attention by calling 570-408-2FIX (2349) or emailing 2fix@wilkes.edu.

Employees must report the incident to Human Resources on an Employee Injury Report. All other incidents should be reported on a Non-Employee Accident Investigation Report form.

Share: [f](#) [t](#) [g+](#) [in](#) [✉](#)