



## INJURY PREVENTION

# Quick Review of Safety

## Navigating Slopes and Hills in Winter

### BEST PRACTICES

- Avoid walking up or down slopes whenever possible. Although it may take more time, consider another route to avoid slopes or hills.
- Take it slow. Rushing contributes to many falls. Give yourself plenty of time.
- Take small steps or shuffle. This maximizes contact with the ground and allows opportunities for shoe tread to provide traction.
- Face sideways to the hill when ascending or descending. This allows the opportunity to lean toward the hill for improved center of gravity and gives shoes a wider grip area to avoid sliding down the hill.
- Stick to areas with some traction wherever possible. Sand, rocks or other traction on a slope often provides more traction than ice. Avoid snow when possible, as it may conceal ice beneath it, especially after recent snowfalls.
- Consider using footwear with improved traction designed for icy surfaces. Although these can offer improved traction, the risk of one foot slipping while the other remains fixed can cause some serious injuries. Using these devices does not mean other safety measures can be ignored. Items such as Yaktrax or other over-the-shoe traction devices should be taken off when driving or when indoors. Follow any manufacturer recommendations when using these devices.
- Use railings or other handholds when available. Beware of using items not designed as handholds, such as bushes or branches, as these may break.

(Over)



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- Keep your arms and hands free to allow you to use them for balance.
- Consider carrying some abrasives, such as sand or chicken grit, in a pocket-sized bottle to use for additional traction on slippery areas. Such a bottle could be kept in your jacket or car and used when necessary.

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