



## INJURY PREVENTION

# Quick Review of Safety

## Winter Walking Techniques

### SHUFFLE STEP

- Walk flat footed. This maximizes contact with soles of your shoes to the ground and allows the maximum amount of tread to contact the ground. It also improves stability when standing.
- Take short steps, barely raising your feet off of the ground or dragging them along the ground for more stability. This not only increases contact with the ground, but ensures that your feet are mostly directly beneath your body, maintaining your center of gravity.
- Angle your feet a bit to each side or step sideways up inclines or declines. Ideally you should always try to walk on level ground, but in those circumstances when you can't, shuffling sideways can improve your balance and help anchor yourself to the slope.
- Keep your head up and don't lean forward. This helps you spot and avoid hazards, and keeps you standing straight with your center of gravity directly above your feet and legs, making balance easier.
- Walk slowly with hands and arms free and available to use for balance. Moving slowly makes walking flat footed easier while also keeping your weight centered above your feet. Moving your arms out may look silly, but can improve balance on slippery areas.



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