



A MINI TRAINING SESSION FOR INJURY PREVENTION

Quick Take on Safety

Winter Walking Techniques

TRAINING OVERVIEW AND OBJECTIVES

- Overview: Covers tips, techniques and best practices when walking in slippery conditions.
- Purpose: Remind employees of best practices to avoid slips and falls and prevent injuries.
- Preparation: Read and become familiar with this Quick Take. *Change as needed to reflect procedures and personnel in your department.*
- Handouts: Quick Review of Safety—Winter Walking Techniques

Winter Walking

Slips, trips and falls are a common cause of serious and costly injuries, especially during adverse winter conditions. Fortunately there are some techniques you can learn to minimize the risk of falls. So please pay attention. Your health and safety is important to us; we don't want you to get hurt.

Shuffle Step

The technique to shuffle step like a penguin on slippery surfaces can help reduce the chances of slipping and falling on ice and snow. Here is how to do the shuffle step. [*Instructor Prompt: demonstrate to the class in a safe location or have everyone stand up and follow along*].

- Walk flat footed. This maximizes contact with the 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 drag 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.



This document is intended for general purposes only and should not be construed as legal or coverage advice on any specific matter.

Discussion Questions

- What are some other techniques or best practices you have found to be effective when walking on snow and ice?

Winter Walking Techniques Session Planning and Review

Trainer

Training
Date

Department(s)

TRAINING GOALS

- Employees know and understand the value of how to walk over slippery surfaces.
- Employees use safer walking techniques over slippery surfaces.

RESOURCES

- Step Wisely Winter Slip, Trip and Fall Prevention campaign materials, Minnesota Counties Intergovernmental Trust, [MCIT.org/step-wisely/](https://www.mcit.org/step-wisely/)

REVIEW

Did the training meet the stated goals?

How can the training be improved?

TRAINER COMMENTS

Attendance Record

Training Session Winter Walking Techniques

Trainer

Training Date

[illegible]