



Safety Message of the Day for IMEA Members



Walking Safely on Ice Safety Message

Winter often can bring a beautiful transformation to our surroundings, but it also introduces a common hazard, ice. Imagine you're walking to your car on a crisp morning, your warm inviting coffee in hand. You take one step onto your driveway, only to find yourself suddenly dropping to the ground as your coffee flies into the air. It's a scenario many can relate to, and it's one that happens more often than you might think.

Footwear Recommendations for Walking on Ice

Invest in shoes or boots with excellent traction. Look for outsoles with deep treads or rubber grips designed for winter.

Consider anti-slip devices like ice cleats, which attach to your shoes for added traction and gripping into the ice.

Avoid smooth-soled shoes, which increase the risk of slipping.

Protecting Yourself in a Fall

Avoid extending your arms to break your fall, as this can lead to wrist or shoulder fractures, also known as FOOSH (fall on an outstretched hand) injury.

Tuck your chin to avoid whiplash and hitting your head on the ground.

Use your hands to cradle and protect your head.

Fall towards non-icy areas whenever possible to allow more control.

Get to the ground as quickly as possible instead of fighting the fall.