

# Walking in a Winter Wonderland

## Safety Tips

Walking during the winter requires extra attention to avoid slipping and falling.

Follow these tips.



1

### Give yourself extra time.

- Cross the street at crosswalks and intersections.
- Watch for turning vehicles. Look left, right, and left again.
- Wait for the walk signal.

2

### Wear shoes or boots that provide traction on snow and ice.

- Rubber footwear provides better traction than plastic and leather soles.
- Wear flat-soled shoes. Avoid shoes with heels.
- Consider wearing layers depending on how cold the weather is.

3

### Use caution when entering and exiting vehicles or buildings or using stairs.

- Move slowly.
- Remove snow/water from shoes when entering buildings.
- Use handrails for support.

4

### Walk on designated walkways.

- Don't take shortcuts over snow piles.
- Pay attention. Don't text or read while walking.
- Take short steps or shuffle for stability.

5

### Be mindful of snow or ice.

- Keep your hands free and out of your pockets to help with balance.
- Cars may need more time to stop in snowy conditions.
- Be prepared to fall. If you fall, avoid using outstretched arms to brace yourself.

For more information visit  
[montgomerycountymd.gov/pedsafety](http://montgomerycountymd.gov/pedsafety)

