Ice and snow can lead to serious slip and fall injuries. Follow these tips and reduce the odds of getting hurt.

• Wear the right shoes
  - insulated boots with good rubber treads
  - rubber over-shoes with good treads
  - ice cleats/crampons

• Use cleared, designated routes
  UK Snow Removal Plan
  http://www.ppd.uky.edu/snow_removal/
  (UK computer/network access)

• Take short steps and walk at a slower pace

• Be on the lookout for sliding out of control vehicles

• Utilize the handrail when climbing up or down stairs

• Wear bright clothing or reflective gear at night

• Wear sunglasses during the daytime to help you see better

• Remove as much snow as possible from shoes before entering a building
  - Stay on mats inside buildings
  - Be aware of wet and/or slick surfaces

Provided by UK Occupational Health & Safety in cooperation with UKIT