



### **WALKING ON SLIPPERY SURFACES**

- ✓ Slow down and use caution when walking across slippery surfaces. Take shorter steps and walk at a slower pace to react quickly to changes in traction.
- ✓ Grasp the handrails when ascending or descending steps.
- ✓ Use care when exiting your vehicle. Remember that the ground may be slippery and be sure to maintain contact with your vehicle until you are completely out of the vehicle.
- ✓ Wear proper footwear such as boots, flat-soled shoes, rubber-soled shoes, or shoes with good traction.
- ✓ Promptly advise maintenance of any slippery walking areas such as parking lots, sidewalks, stairs, etc...
- ✓ Consider utilizing sand in conjunction with salt. Salt melts ice, but then refreezes when temperatures drop. Sand provides a source of traction.
- ✓ Place water-absorbent mats at all building entrances.

### **WORKING OUTSIDE**

- ✓ To avoid frostbite, dress in multiple layers of lightweight clothing rather than a single layer of heavy clothing.
- ✓ Avoid exertion. Cold weather puts added strain on the heart. If you have heart disease or high blood pressure, follow your physician's advice on working out in the cold.

### **DRIVING IN WINTER WEATHER**

- ✓ Make sure your car is in good repair and the tires have their tread.
- ✓ Keep a winter survival kit in your vehicle, including: shovel, ice scraper, sand/salt, first aid kit, blankets, and flares.
- ✓ Keep your gas tank full.
- ✓ Increase your following distance to 4 or 5 seconds behind the car in front of you.
- ✓ Reduce your speed.
- ✓ Be cautious on bridges and overpasses, as they are first to freeze.



LEHIGH VALLEY