



PERSONAL SAFETY — WINTER

Footwear

- Rubber soled shoes or boots are less likely to slip on icy surfaces than leather soled shoes or high heels.
- Worn out soles increase the hazard of slips. Wear footwear with maximum traction.
- Carry your dress shoes; wear your boots! Think safety BEFORE fashion.
- Watch your footing when getting out of your vehicle. Walk slowly and defensively.
- Consider storing rock salt or cat litter inside your car in case you need to sprinkle an icy area to increase traction as you walk towards a dry area.



Clothing

- Dress properly for the cold. It's best to wear loose-fitting, lightweight, warm clothing in several layers. Trapped air insulates, and you can remove layers to prevent perspiration and subsequent chill. It's important to stay dry, and good outerwear will protect your other layers of clothing from rain and snow.
- Wear a hat. Half of your body heat loss is from your head. Protect your hands with gloves or mittens, keeping in mind that mittens, snug at the wrist, are warmer than gloves.
- Wear warm, waterproof boots. Make sure they aren't too tight because tight boots will constrict the circulation in your feet and won't leave room for a protective layer of insulating air