



# Seasonal Safety

**Balfour Beatty**  
Communities

## Winter Ice Safety Tips

Why we fall is a simple fact of gravity. When we slip, trip, or lose our footing, our center of gravity is shifted out from under us and we hit the ground. Winter adds a serious threat—ice. It's a cold, hard fact we all face. When ice forms, it turns normally safe surfaces like sidewalks, tarmacs, and stairs into slippery slopes that can quickly throw you off balance and land you in the emergency room. What's worse, not all types of ice are visible to the naked eye. Black ice is transparent and almost invisible. When black ice forms on parking lots and roads, it allows you to clearly see the black surface below as if the ice wasn't there.

### WHERE YOU FIND ICE:

- On days when the temperature hovers just above freezing, expect to see ice form in the early morning when the sun is rising and late in the afternoon when the sun is setting. Take extra care on all paths and sidewalks you use regularly at these times.
- Expect ice to form first in places that are in shadows, hidden from the warming rays of the sun.
- Beware of ice in outside or exposed storage yards where a recently moved object might expose a new and unexpected sheet of ice.
- Take extra care in parking lots where spaces between cars are often shielded from the sun and allow ice to form.

### PRECAUTIONS TO TAKE TO MINIMIZE THE POSSIBILITY OF INJURY:

- Always look where you are walking. Most ice is visible and can be seen.
- Wear shoes or boots that have excellent traction. Changing your work shoes to winter boots without proper traction will put your safety at risk when you head to your car.
- Don't hurry. You'll have a better chance to regain your balance and stop a potential fall when faced with unexpected ice if you are walking slowly and carefully.