



PROPER FOOTWEAR FOR WINTER WALKING

SELECTING THE PROPER FOOTWEAR

TREAD: Rubber soles are best for avoiding slips on icy surfaces. Avoid leather soles or high heels.

LINING: Choose fabric that increases insulation to keep feet warm and dry.

SIZE AND FIT: Boots need to have enough room to allow for thick socks and need to be tall enough to protect ankles from the cold.

ICE CLEATS: Slip-on ice cleats are easy to use and light weight, and enhance traction in the snow.

TAKING THE EXTRA STEP

SAFETY BEFORE STYLE: If needed, wear winter boots and change into dress shoes once you're safely indoors.

WATCH YOUR STEP: Walk slowly and watch your footing when getting in and out of your vehicle.

ADD EXTRA TRACTION: Keep rock salt or cat litter in your vehicle to give you or your vehicle more traction.