





# 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 enough room to allow for thick socks and be tall enough to protect ankles from the cold. 

**ICE CLEATS:** Easy to use and light weight, slip-on ice cleats enhance traction in the snow. 

## TAKING THE EXTRA STEP

**SAFETY BEFORE STYLE:** If needed, wear winter boots and change to  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  leverage.