

Old Man Winter

Snow, ice, freezing rain, and sleet are typical during the winter season, and although local forecasts can predict their presence, they still cause problems for unsuspecting people. Some areas of the country are more exposed to “Old Man Winter” than others, and folks in those areas are more familiar with the hazards associated with wintry conditions. Because these conditions are common, it is easy to take for granted the precautions necessary to prevent an injury or accident. If you live in areas more south, wintry conditions are not as common and therefore more people are unaware of accident or injury potential.

If wintry conditions are present or predicted by forecasters, there are some precautions you can take to reduce the chance of injury or accident.

- First, make sure you are wearing the proper clothing. Multiple layers of dry, lightweight clothing provide the best insulating properties, and when you move to the indoors, layers can conveniently be removed.
- Wear rubber soled boots or overshoes with grip soles. Fashion shoes with smooth leather or plastic soles have a far greater risk of causing you to slip.
- Proper socks will also help keep your feet warm and dry. If you are going to be in the cold for a while, do not allow your socks to get wet.
- Do not walk with your hands in your pockets. Keep your arms free for balance.
- Walk in short, choppy steps across snow and ice covered surfaces. Also, make sure your feet are completely flat on the ground.
- If you have to carry large or heavy items, make sure your route is clear of ice. Do not carry items across icy surfaces.
- Use handrails on all exterior steps, and avoid icy curbs and uneven surfaces.
- Give your full attention to walking. Come to a complete stop if you have to fiddle with something, or dig into your pocketbook.



If you have a heart condition, high blood pressure, breathing problem, or other serious medical condition, avoid physical excursion in cold conditions.

If the temperature is, or was recently below freezing, it is possible that ice is present whether it is visible or not. Even if there has been no precipitation, condensation such as dew can freeze and form a thin layer of ice over a surface. This condition is more dangerous than visible snow and ice because people don't see or suspect it.

If you notice any icy conditions on the property, please notify the management office so we can try to correct or take accident prevention measures.