SNOW AND ICE on parking lot and sidewalk surfaces can create a serious slip and fall hazard. Each year school districts experience numerous slip and fall injuries that cost thousands of dollars. Here are a few things you need to know to stay safe during the cold weather:

- Expect that exterior walking surfaces will be slippery, which may include "black ice" that is not readily visible.

- Wear appropriate footwear for the conditions. This includes flat-soled shoes with an adequate tread. Carry dress shoes to change when you are inside.

- When walking across icy surfaces, it is safer to slide your feet or take smaller steps than to walk with a normal gait.

- Follow paths that have been cleared, even if it is not the shortest route.

- Conditions will usually be more hazardous in the early morning hours because ice melt products take time to work. Most ice melt products are ineffective when temperatures are below 22 degrees F, so use extra caution.

- Concentrate on walking. Do not allow yourself to be distracted.

- Be wary of uneven surfaces that could cause you to slip.

- Be careful when entering the building, as hallways may be wet.

- Wipe your feet thoroughly when entering to remove ice & water on shoes.

- Report any hazardous conditions immediately.

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