

# How to walk on snow without falling!

# Walking on Winter Streets in Asahikawa

Hokkaido Development Authority,  
Asahikawa Development and  
Construction Department

Enjoying Winter  
Sightseeing!

Guide to  
Walking  
on Snow!

Simple Basics

## Walking Correctly



### ○ Bend your knees slightly and walk flat footed

Walking like this means more of the sole of your shoes is in contact with the ground, and your weight is distributed from directly above which helps prevent slipping. Walk as if you are gripping the ground with your toes.

### ○ Walk with small steps

Walking with large strides means your body sways more, making it easier to fall. When walking on slippery surfaces, take small steps just like a penguin.



### ○ Keep feet slightly apart

If your feet slip inwards, one foot may knock the other foot off balance. Walking with your feet around 20cm apart prevents them from slipping inwards.

### ○ Don't rush, be patient, take your time

Rushing will make you forget how to walk properly on slippery streets. Be sure to leave with plenty of time to spare so that you can walk slowly and still reach your destination on time.



### × Walking with your head back

Walking with your head or shoulders back puts your center of gravity towards your back, making it easier to fall.



### × Bags in both hands

Your center of balance can be swayed by heavy luggage making it easier to fall, and having both hands occupied means you cannot protect yourself should you fall.

### × After drinking alcohol

Alcohol affects alertness and dulls reactions, so be extra careful when consuming alcohol.



### × Hands in pockets

You cannot use your hands to quickly protect yourself if they are in your pockets. Wear thick gloves to keep your hands warm.

### × Concentrating on other things

Many falls occur when people are concentrating on things other than walking. Avoid doing other things while walking.



# Use the Right Shoes Choosing Shoes

Top Tips



Winter Shoes

Shoe Attachments

It is dangerous to walk on winter streets in leather-soled shoes or unstable high-heels. It is important to choose good “winter shoes” that are insulated, waterproof, and grip well on the snow and ice.

## Ask the advice of the store staff when buying shoes

There are no winter shoes that can maintain grip on all types of surfaces. Talk to the store staff and choose the shoes that best suit your purposes.

### ★ Shoe Attachments

Enable you to keep using your current shoes. Available at shoe shops, stations, airport shops, convenience stores, etc. Prices are normally around 1,000 yen.

### ★ Fall-prevention Items

Various items are available such as padded hats and protectors that absorb the impact if you fall, and non-slip spikes for walking sticks.



Non-slip walking stick tip

## Learn from the locals! The four most popular types of winter shoes in Hokkaido

For general winter streets, compacted snow

For slippery streets

### Soft rubber soles

Adhere firmly to the street surface, preventing slippage.



Grrrip!

⚠ Soles wear down quickly. If the rubber becomes old, it may harden and slip more easily.

### Rubber soles that contain non-slip materials

Non-slip material such as glass fiber blended into the rubber sole material scratches into the street surface.

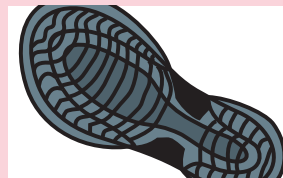


Scratch! Scrape!

⚠ Powdery snow may adhere to the soles making them slippery on some surfaces. Extra caution is required in fresh snow.

### Deep treads

The jagged edges of the soles bite into the street surface, preventing slippage.



⚠ Softness of the rubber soles is also important on slippery surfaces. Snow may become compacted between the grooves causing the shoes to become slippery.

### Spikes, metal hooks

Metal hooks dig into the ice. These shoes work best on hard, frozen surfaces.



⚠ Caution required when used indoors, as the metal hooks catch on carpets or scratch floors.



## Be particularly careful in these places!

### Pedestrian crossings and car park entrances and exits

Car tyres buff the ice causing it to become very slippery. A film of ice forms easily on the white lines of pedestrian crossings.



### Bus stops and taxi ranks

Snow is trampled by many people, causing it to harden and become slippery. Be careful when walking near these areas, and also when getting on or off transport.



### Edges of heated roads

Ice at the edges of heated roads can cause steps or unevenness. Be careful not to become careless around heated roads.



### Inside buildings with tiled floors

Snow stuck to the soles of your shoes can be very dangerous when you enter buildings. Be sure to wipe off all snow from the soles of your shoes before entering buildings.



## Just in case – First aid

### Check! Has the person banged their head?

Call an ambulance immediately if the person experiences any of the following:

- Unconsciousness, or makes unusual or nonsensical statements - Severe headache
- Nausea - Bleeding or fluid discharge from the ears, nose or mouth - Numbness in the hands or feet

### + What to do before the ambulance arrives if the person is unconscious

- (1) Check consciousness. (Call the person's name, gently shake their shoulders.)
- (2) Check breathing. If the person is not breathing, do cardiac compressions and artificial respiration if you know how.
- (3) If the person vomits, turn them on their side while keeping their neck as straight as possible.
- (4) If the person is bleeding, apply a clean gauze, towel, etc. to the wound.

### Check! Broken or fractured bones?

A bone may be broken or fractured if the person experiences severe pain or swelling and cannot move the body part, if the body part is deformed or in extreme cases if part of the bone penetrates the skin. However, there are cases where pain is not felt immediately due to numbness (more frequently with the elderly, persons who are taking medication, or persons who have consumed alcohol). If you are unsure, treat as if the bone is broken.

### + First aid for broken bones

- 1 Immobilize Use an object such as a stick or magazine to immobilize the body part. Never try to return the body part to the right shape if it looks deformed.
- 2 Cool with ice If the person is experiencing severe pain, put snow or ice into a plastic bag and place on top of their inner clothing to cool the painful area.
- 3 Keep the person still Keep the person as still as possible. When moving the person, do not allow the broken bone to move.
- 4 Immediate medical attention Go straight to a hospital. If the person cannot walk, call an ambulance.