


# Walk Smart!



**Keeping Your Footing on Icy Roads**

Clothing and Walking Hints for Winter Tourists in Sapporo



Winter Life Promotion Council



TAKE FREE

## Winter in Sapporo

Winter road conditions vary by weather and location.

Do you know how to keep your footing? This leaflet discusses snow and the safest ways of walking on snowy roads.

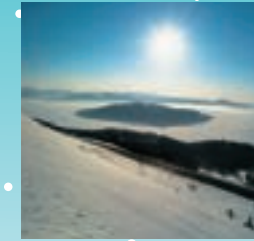
We hope it'll make your winter stay in Sapporo more pleasant and enjoyable.

I was born and raised in Sapporo. I'll be letting you know how to keep your footing.



## What makes snow look white?

Snowflakes are translucent ice crystals. They look white because the uneven crystal surfaces diffuse light.



## Changing snow conditions

Snowflakes in mid winter are light and fluffy. But they differ in quality depending on the location and temperature. For instance, snow at ski resorts stays powdery and fleecy, whereas snow downtown becomes compacted or icy from temperature changes and the pressure of passing pedestrians.



## Road surface conditions

### Granular snow



When slush is disturbed by pedestrians and vehicles, it becomes granular.

### Ice



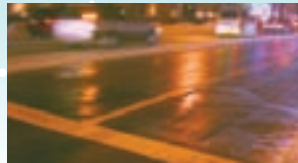
Snow that thaws on the road surface refreezes and is buffed by the actions of pedestrians and vehicles. This causes the emergence of roads that are as slippery as a skating rink.

### Humps



It's unclear why, but icy humps sometimes form on the road. It's called "abacas road," because the humps look like the beads of an abacus.

### Black ice



The road looks wet, but the "wetness" is actually a treacherous film of ice.

Some road conditions are treacherous for pedestrians. When we walk on slippery roads, we need to stay alert. I'll describe the best way to walk at fall-prone locations.

## We Are on Alert Against a Fall at Slippery Locations.



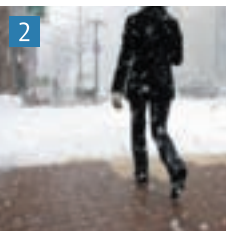
### Pedestrian crossings

The crossings are likely to be slippery where they meet the sidewalk, because of snow bumps and differences in level. A film of ice tends to form on the white lines at crosswalks.



### Tile floors of underground malls and other buildings

When snow and ice get caught in the treads of non-slip shoes, it becomes hard to walk on the smooth tile floors of underground malls and other buildings.



### Road heating

A height difference often occurs where a snow-free section with road heating meets a snow-covered section without road heating or at the entrance to an underground mall. This height difference makes it easy to fall.



### Bus stops/taxi stands

These locations are slippery because the snow is compacted by passengers getting on and off.

## Safe Walking in Winter

### 1 Pay attention to the road surface condition.

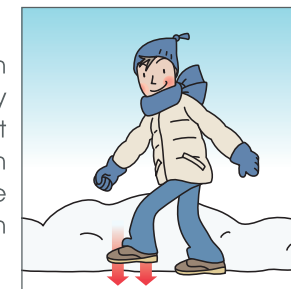
Even if the road looks dry, there might be a film of ice. Or fresh snow may hide the underlying ice.

**Memo** Watch your step, and be particularly careful at night.



### 2 Wait until your whole sole is in contact with the ground before putting your full weight on that foot.

On icy roads, walk with your center of gravity shifted forward, and put your full weight down only when the whole sole is in contact with the ground.



### 3 Take short steps.

When the road looks icy or when it's covered with a thin layer of snow, take slow and short steps.

**Memo** This is particularly helpful at slippery intersections and crosswalks.



### 4 Take your time.

No matter how much you know about walking on winter roads, you may forget it when you're pressed for time. The most basic precaution is to avoid rushing.

**Memo** Keep both hands free by using a knapsack or shoulder bag instead of a handheld bag.



Residents of snowy regions own winter shoes. These have non-slip soles made of rubber that remains flexible even in snow or of rubber that incorporates with non-slip particles. Unlike warm-season shoes, winter shoes are insulated and waterproof. In a snowy region, it's important to wear proper winter shoes.