

LIVING GUIDE MORIOKA

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In order to avoid slipping on a snowy road

Have you already experienced a winter season in Morioka? Morioka, located in the northern part of Japan, is very cold in winter. Snow stays on the ground and roads get frozen. We can enjoy winter sports like skiing or snowboarding nearby, but at the same time, there are some things we have to beware of when we live a daily life in the city. We want to talk about how to walk on a snowy or frozen road.



☆ How does frozen ground form?

- The temperature rises in the day time and snow gets melted.
- It rains and the surface of roads doesn't dry out by night.
- Rain falls on the accumulated snow and the snow turns into sherbet snow.

When the temperature falls below zero under any of these conditions, roads get frozen.

☆ Places easy to slip

○ On the white lines of a pedestrian crossing

It's hard to say at a glance, but they may be covered with thin layer of ice. They are more slippery than an asphalt pavement.

○ Bus stop area

Sometimes the snow gets hardened and the ground gets rough.

○ Stairs

Even in a building, you can get slipped because of the snow or water on the back of your shoes. Tiled floors are especially dangerous.

○ Entrance of shops or buildings

Many people walk and step on the snow

there, so the snow becomes hard-packed. The surface of packed snow is slick and you can easily slip on.

○ Inclined roads

Even if you are careful enough, slopes or inclined roads are very dangerous.

○ Just after a snowplow cleared the snow

The snow which cannot be cleared may get hard-packed and slippery.

○ The place where snow has accumulated lightly

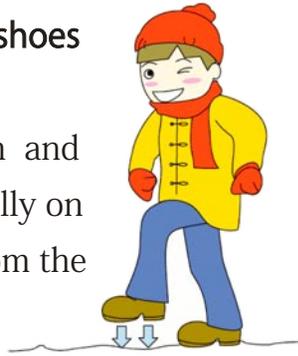
The road under the snow may be frozen or hard-packed and easy to slip.



☆ In order to avoid slipping

○ **Put the bottom of your shoes entirely on the ground**

Walk with a slight slouch and put your foot down vertically on the ground. If you walk from the heel, you will slip easily.



○ **Walk with short steps**

You can avoid slipping more easily if you walk with short steps not to raise your feet so high.

○ **Look the surface of a road carefully**

Sometimes, a road looks dry but it is

frozen indeed. Stop walking with your cellphone in your hand or being absorbed in your thoughts.

○ **Plan to move with enough time**

If you walk in a hurry, you can slip easily. In winter time, the traffic tends to get heavy and buses tend to be delayed due to snow. Let's try to go out earlier than usual. ※ Also, you need to be careful when you change your walking speed like when you start walking after you stopped at the traffic light.

☆ Wear grippy shoes

○ **Soft rubber-soled shoes**

They grip the surface of the road like winter tires so they are grippy.

○ **Shoes with deep groove soles**

Shoes with deep jagged shape groove can grip the surface of the road firmly, so they are grippy. But hard-soled shoes are

slippery and not good for snowy roads.

○ **Shoes with metal parts on the soles**

The metal parts scratch the snow and ice, so they prevent you from slipping.

○ **Buy cleats**

You can also buy removable cleats. You can find them at a shoe store.

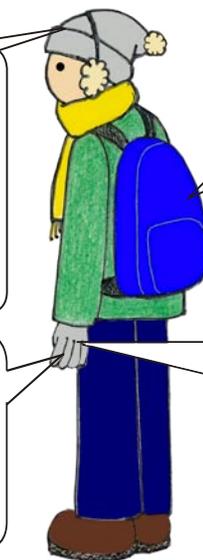
★ Other things you should be careful

○ **Wear a knit cap**

A knit cap can protect your head when you fall down. Choose a thick knit cap which can absorb shocks. It can also keep you warm.

○ **Wear gloves**

Thick gloves will protect you from getting injured by ice in case you fall down.



○ **Don't walk with your hands in your pockets. Don't have both hands occupied carrying things.**

Let both hands free if you can. If you can't use your hand, you may hit your head when you slip, or you may fall on your face and get injured. Make sure your hands are free and can defend your body in case you slip and fall.

Backpack type bag is recommendable.



You can slip and fall down even if you are careful.

In case you fell and hit your head strongly, and if you felt sick or the pain lasted for some time, please go and see a doctor quickly!