

Walk like a penguin to prevent Winter Slips, Trips and Falls

Over half of all reported slips, trips and falls occur during the winter months of November through February. Please take care to tread safely and walk like a penguin to prevent snow and ice-related injuries:

- ❄️ Keep hands free and out of pockets and use arms for balance.
- ❄️ Go slow, being in a hurry increases your chances falling.
- ❄️ Use special care when entering and exiting vehicles; use the vehicle for support.
- ❄️ Avoid taking shortcuts over snow piles and other frozen areas.
- ❄️ During bad weather, avoid boots or shoes with smooth soles. Wear footwear that provides traction on snow and ice.
- ❄️ Point your feet out slightly like a penguin! Spreading your feet out slightly while walking on ice increases your center of gravity.
- ❄️ Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.
- ❄️ Remember to use proper body mechanics and ergonomic tools when removing snow.

1. Walk flat footed and take short steps



2. Wear footwear that provides traction



3. Step down, not out from curbs



4. Use your arms for balance



5. Carry only what you can

