

WINTER SAFETY - PREVENTING SLIPS & FALLS

Winter weather can increase the risk of slips and falls due to the presence of snow and ice. Workplace injuries from slips and falls can include bruises, sprains, strains, concussions, and even fractures. It's important to always be aware of your surroundings and use good judgement to decrease winter related slips and falls.

SAFETY TIPS: WALKING ON ICE AND SNOW

- Walk slowly and be prepared for black-ice formation
 - Take smaller steps and watch where you're stepping
 - Wear footwear with slip-resistant soles and good treads
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- Don't take shortcuts – take designated walkways if possible
 - **Use 3 points of contact when mounting / dismounting from vehicles & trucks**
 - Exercise caution when getting in and out of vehicles
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- Watch for slippery floors when entering buildings
 - Avoid carrying items if possible, having your arms free helps keep you balanced and stabilized

Practice the PENGUIN WALK:

- Walk with arms extended to the side
- Feet pointed slightly outward
- Take smaller steps or shuffle



Always report ice sidewalks and parking lot areas to building management!

Remember, no matter how well the removal of snow and ice is from a given area, you can still experience slippery conditions when walking outdoors in winter.

ICE AND SNOW...TAKE IT SLOW

[SAFETY IS A TEAM EFFORT]