

IT'S COLD OUTSIDE... Prevent Slips, Trips & Falls!

Follow these tips to stay safe (and upright!) all winter long:

- ❄ Stick to paths that are cleared and treated – avoid risky shortcuts over snowbanks!
- ❄ Choose shoes or boots designed for traction on wet, slippery surfaces.
- ❄ **Test your path for slickness** – slide your shoe on it before proceeding.
- ❄ **Enter/exit vehicles carefully** – use the vehicle for support and maintain 3-point contact.
- ❄ Never jump from vehicles or equipment!
- ❄ **Keep the mess out!** Once inside, clean snow and water from footwear to prevent slippery conditions indoors.

DO THE PENGUIN WALK!

Bend slightly and walk flat footed. ❄

Point your feet out slightly like a penguin. ❄

Keep your arms at your sides – not in your pockets! ❄

Take shorter, shuffle-like steps. ❄

Watch where you step! ❄

Go SLOWLY! ❄

