

WALK LIKE A PENGUIN

WINTER SAFETY TIPS TO PREVENT SLIPS AND FALLS



Winter slips and falls can easily be avoided by taking some simple precautions.

Walk safely

- Walk like a penguin by taking short, slow and flat-footed steps.
- Take it slow and never run on icy ground.
- Focus your eyes on where you are going.
- Keep both hands free for balance rather than in your pockets.
- Avoid using cellphones or carrying large loads.
- Use handrails on stairs and ramps from start to finish.
- Wear shoes or boots that provide traction on snow and/or ice. Avoid heels and smooth-soled shoes. Consider purchasing traction devices that strap to the bottom of your footwear for use in icy conditions.
- Remove snow and water from footwear when entering buildings to prevent wet slippery conditions indoors.

Plan a safe route

- Step down from a vehicle, not out with heel first.
- Don't jump from vehicles or equipment.
- Give yourself enough time to walk to your destination without shortcuts.
- Walk on marked paths.
- Travel along the grassy edge of an icy walkway.
- Approach curbs with short steps. Step off curb flat-footed, not out with heel first.
- Test potentially slick areas by tapping your foot on them.

- Watch for changing weather conditions and changes in walking surfaces – freezing, melting and refreezing are especially dangerous.
- Keep walkways clear of debris, water, ice and slippery materials.
- Spread salt / ice melt when needed.
- Report icy conditions to a supervisor or maintenance person.

How to walk on ice when no other route is available

- Take short steps or shuffle for stability.
- Bend slightly and walk flat-footed with your center of gravity directly over your feet.
- Be prepared to fall.

How to fall to prevent severe injury

- Relax as much as possible when you begin to fall.
- Toss the load you are carrying. Protect yourself instead.
- Fall with sequential contacts at your thigh, hip and shoulder to avoid using your arms and prevent breaks and sprains as much as possible.
- Roll with the fall. Try to twist and roll backward, rather than falling forward.
- Protect your head. Bend your back and head forward to avoid slamming your head on the pavement as your feet shoot out from under you.