

Safe Winter Walking

So far this winter we have had 6 slips on the ice reported across the region! To help avoid injury....

Do the Penguin Shuffle!



- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y

As part of our slips mitigation strategy this winter OH&S has asked facilities to place pails of ice melt at door entrances, door exits and in designated spots in parking lots

Remember to...

Take a cup some of the ice melt with you and proactively sprinkle when you see icy spots to help yourself and others.



Be Accountable: Choose safety - work safe - and go home injury free!