



# Winter Safety

Supervisor  
Crew  
Talk

In Winter, things are icy and cold,  
At least that's what the weather man told.

*Waddle like a penguin!*

Keep your toes pointed out and your knees  
loose,

Walk like a penguin not like a moose.

*Waddle like a penguin!*

Keep your hands free incase you fall,  
Or your bruise won't be small at all.

*Waddle like a penguin!*

Let's walk slow for heaven sakes,  
Walking too fast is all it takes.

*Waddle like a penguin!*





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- **WALK LIKE A PENGUIN** – slightly point your feet out, and spread them slightly to increase center of gravity
- Take short steps or shuffle
- Bend slightly and walk flat footed with your center of gravity directly over your feet
- Extend your arms to the side to maintain balance
- **WEAR TRACTION AIDS ON YOUR BOOTS**

- Walk on designated pathways whenever possible and try to avoid any frozen areas, or snow piles
- When its cold out, assume that all wet and dark areas are slippery and icy

**ALWAYS** watch where you are stepping and **GO SLOW**

## If you fall:

- 🐼 Try not to land on your knees, wrist or back. Try to fall on a fleshier part of your body.
- 🐼 Tuck your chin in if you fall backwards. This will help so your head doesn't hit the ground with full force.
- 🐼 Try not to tense up when you fall. Try to relax your muscles.
- 🐼 Call for help if you can't get up