

# Walking in Winter Weather

Supervisor  
Crew  
Talk

As the temperature decreases, the risk of slips and falls increases. Always try to avoid walking on ice, but if that's not possible:

## Preventing Falls

- Move slowly and in control.
- Don't step in other people's footsteps, compressed snow can be slippery.
- Take short steps or shuffle for stability.
- Walk-flat footed and bend slightly to keep your centre of gravity directly over your feet.



If you feel like a penguin,  
you're doing it right!

## If a Fall Happens

If you feel yourself slipping, fall with sequential contacts at your thigh, hip, and shoulder, and avoid using your arms to protect against breakage.

Crouch slightly and  
bend your knees



Crouch down and  
lean to one side



Roll on your side, making  
contact with your thigh first  
and shoulder last.



If you're carrying something, throw or drop it so you can protect yourself better.

*"Safety is a Core Value and Business Priority"*