

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.



Make sure to
keep your head
up!

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

"Safety is a Core Value and Business Priority"

