



Walk Like ... a Penguin!



Every snow event we injure employees slipping and falling on ice and snow. If you or someone you know has ever fallen and cracked a rib you KNOW you do not want that to happen! Try this proven way to avoid a painful **splat** on the ground. **Walk like a Penguin!** The waddle keeps your center of gravity over your front leg and will help keep you upright. Spread your feet out slightly, to increase your center of gravity, and take small, short, deliberate “baby” steps.



TIPS!

1. ICE CLEATS, that are relatively easy to take on and off are available in our FLEET DEPARTMENT for use at work. These REALLY work great and I USE THEM! **FREE!!!!**
2. Wear appropriate foot gear. Bring shoes to change into if you need to.
3. Areas that do not receive as much sunlight will tend to be icy. Anticipate it and when possible pick another route.
4. If we have multiple days of snow and you see fresh snow, anticipate that there may be ICE underneath.
5. Do not walk with your hands in your pockets or carry multiple items on ice and snow. This decreases your center of gravity and balance, according to the Center for Disease Control and Prevention. You NEED your arms for balance!
6. At home, remove as much snow as possible as early as possible. Walking and driving on snow turns it to ice in the blink of an eye.
7. **SLOW DOWN!** Give yourself time and use hand rails when available.
8. If you feel yourself losing balance, experts say to tuck into a ball, make yourself as small as possible and keep your head and face away from the fall. Don't put out your hands to catch yourself, as you risk injuring your arms or wrists. Try to land on the fleshy part of your body rather than your knees or spine.