



## WALK LIKE A PENGUIN

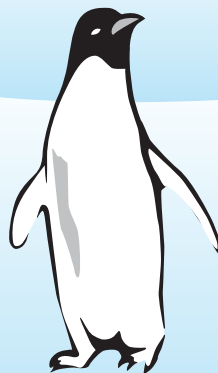
Walking to and from parking lots or between buildings at work during the winter requires special attention to avoid slipping and falling. Slips and falls are some of the most frequent types of injuries that Chesapeake Employers sees – especially during the winter months.

No matter how well the snow and ice is removed from parking lots or sidewalks, your employees will still encounter some slippery surfaces when walking outdoors in the winter. It is important for everyone to be constantly aware of these dangers and to learn to walk safely on ice and slippery surfaces.

Chesapeake Employers recommends keeping these important safety tips in mind:

- ♥♥ In cold temperatures, approach walking surfaces with caution and assume that all wet, dark areas on pavements are icy and slippery.
- ♥♥ During icy and snowy weather, avoid wearing boots or shoes with smooth soles and heels. Instead, wear shoes or boots that provide traction on snow and ice; boots made of non-slip rubber or neoprene with grooved soles are best.
- ♥♥ Use special care when entering and exiting vehicles; use the vehicle for support.
- ♥♥ Bend forward slightly and walk flat-footed.
- ♥♥ Point your feet out slightly like a penguin!

- ♥♥ Don't put your hands in your pockets while walking. This raises your center of gravity and decreases your balance. You can also help break your fall with your hands free if you do start to slip.
- ♥♥ Spreading your feet apart and extending your arms out to your sides while walking on ice helps you to maintain your balance.
- ♥♥ Watch where you are stepping and GO SLOWLY!
- ♥♥ Take short steps (not long strides) and shuffle your feet for stability.
- ♥♥ Wear a heavy, bulky coat that will help cushion you if you should fall.



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