

Prevent slips and falls on icy surfaces

Prepare

- Wear footwear with traction or use ice cleats (as shown, far right).
- Look out for hazards like black ice and frost.
- Stick to designated walkways.



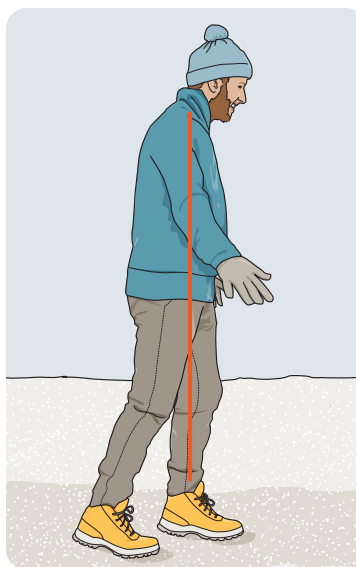
Walk like a penguin



Point your toes out.
Take short strides.



Keep your feet flat.
Push off your heel.



Hold your arms out.
Keep hands free.

Tilt forward, keeping
the centre of gravity
on your front leg.
Remember to take
your time.

Be alert to hazards. Report them immediately to your supervisor.



For videos and more information, visit worksafebc.com/slips-trips-falls.