

**W**alking 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 IWIF 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.

IWIF recommends keeping these important safety tips in mind:

- ※ In cold temperatures, approach with caution and **assume that all wet, dark areas on pavements are slippery and icy.**
- ※ During bad weather, avoid 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.
- ※ Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous. Look ahead when you walk; a snow- or ice-covered sidewalk or driveway, especially if on a hill, may require travel along its grassy edge for traction.
- ※ **Point your feet out slightly like a penguin!** Spreading your feet out slightly while walking on ice increases your center of gravity.

## Walking Safely *Like a Penguin in a Winter Workplace Wonderland*



**Do the  
Penguin  
Shuffle**