



TREAD SAFELY THIS WINTER!

Slips, Trips, and Falls are the leading cause of injury and also the most costly for the State of Wisconsin. Shown below are tips to tread Safely this winter:

Preparation:

- Plan ahead giving yourself enough time
- Wear appropriate footwear that provides traction
- Limit what you carry to provide better balance

Action:

- Use designated walkways and avoid taking shortcuts
- When walking on steps, always use hand railings and plant feet firmly on each step
- Look out for black ice, especially early in the morning and in areas shaded from the sun
- Immediately report any unsafe conditions to Buildings and Grounds

Walk Like a Penguin (Diagram Shown Below):

- Point arms down at an angle and feet slightly outward
- Keep knees slightly bent
- Take slow short steps or shuffle to increase traction

