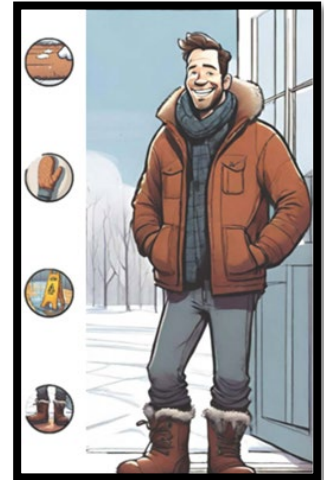




Safety Talk! Winter Safety

1. Entering Buildings

- Wipe snow from your boots to avoid creating slippery surfaces inside.
- When entering a building, keep your hands free in case of any slips or falls.
- Be aware of hazards, such as melted ice and snow puddles on the ground.
- **Wear winter footwear with ice and snow traction.** Remove your traction cleats before entering buildings.



2. Using Stairs

- Take small slow steps and keep your hands free in case of a fall.
- Always be aware of your surroundings, and watch for slippery areas.
- **Take safer routes instead of risky shortcuts like climbing over snow banks.**
- Use handrails, ensure bags do not obstruct your vision, and do not use cell phones.



3. Exiting Vehicle

- Be cautious when shifting your weight to exit a vehicle. Test the surface before taking a step.
- When exiting a vehicle, retrieve all items after you have safely exited.
- **Maintain three points of contact when exiting vehicles to reduce the risk of falls.**
- Use your vehicle for support, hold onto the car as a stable surface.



4. Parking Lot

Remember! **Walk like a penguin for surfaces that are/ have the potential to be icy/ slippery.**

- Bend slightly and walk flat-footed
- Point your feet out slightly, take shorter, and shuffle-like steps
- Keep your centre of gravity over your feet as much as possible
- Keep your arms at your sides (not in your pockets)

