



# GET A GRIP DON'T SLIP AND FALL

WINTERIZE YOUR FEET AND WALK LIKE A PENGUIN

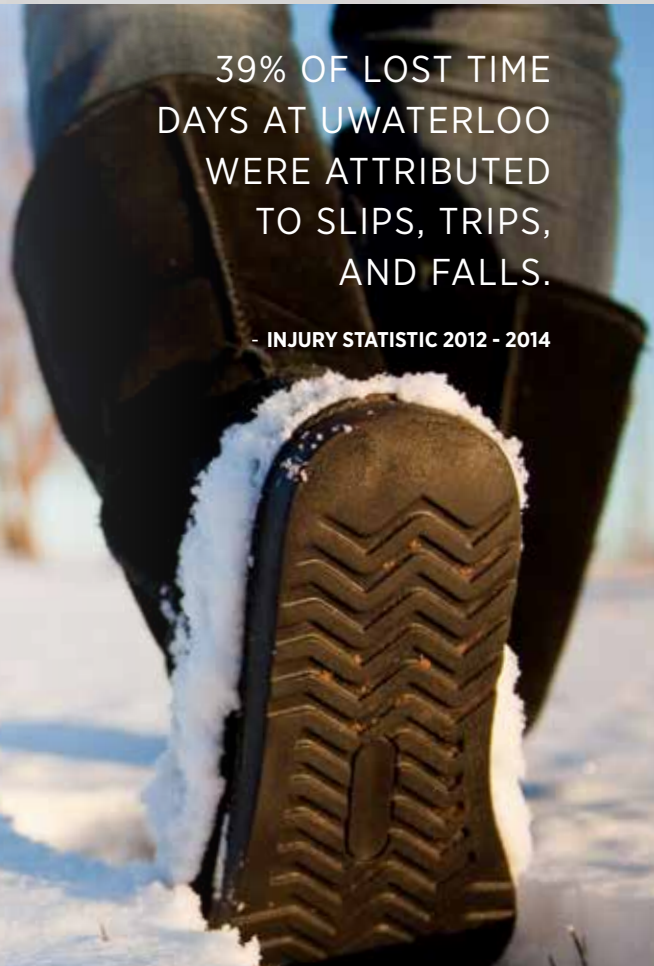
- » Adjust your pace to surface conditions
- » Extend your arms to improve balance
- » Watch where you are stepping
- » Point your feet outward

#### Prevent slips, trips and falls:

- » Choose slip resistant winter footwear
- » Be attentive and aware when walking; texts and emails can wait
- » Watch for uneven rough and icy areas on walkways and avoid shortcuts
- » Use salt/sand on icy spots from bins located on campus
- » Keep floors clean and dry
- » Notify supervisors of trip hazards
- » Report slips and falls to your supervisor for completion of UW Injury/Incident Report. Forward completed report to Safety Office, ext. 33587.

39% OF LOST TIME  
DAYS AT UWATERLOO  
WERE ATTRIBUTED  
TO SLIPS, TRIPS,  
AND FALLS.

- INJURY STATISTIC 2012 - 2014



**REPORT UNSAFE CONDITIONS**, such as ice and snow  
to Plant Operations (24 hour service) at ext. 33793.



UNIVERSITY OF  
**WATERLOO**