PRESENTED BY MAIN CAMPUS JOINT HEALTH AND SAFETY COMMITTEE

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.