Subject Overview: Between January and February 2019, there have been 14 reported slip and fall injuries authority-wide, many of which relating to snow and ice accumulation. 21% of these injuries resulted in treatment beyond first aid and/or lost time from work. As the winter weather may be sticking around for a few more months, we need to keep the principles of the penguin in mind, especially while walking outdoors!

Be on the lookout for wet spots indoors, especially in high travel areas. Quick cleanup and wet floor signs are a must!

Spot snowy or icy conditions? Report them! Issues can be fixed only if they are known about. For operators, contact Control. For everyone else, alert your facility’s building maintenance department.

Wear slip resistant footwear. Some jobs require slip resistant footwear at all times. If your role does not, consider wearing slip resistant shoes when outdoors, and bring an extra pair to change into for the workday.
Channel your Inner Penguin.
When you cannot avoid walking on ice and snow, remember to:
- Maintain your balance;
- Walk flat footed;
- Take short steps;
- Walk with your arms at your sides.

Pictured: MTC Resident Penguin Michael Moore with Tiffany Brown, Greg Beckwith, Gary Davison, Bruce Izard, and Sheila Keane