

SAFETY MATTERS

WINTER WALKING

Slips, trips, and falls are a leading cause of injury in the waste and recycling industry. Winter weather increases that risk. Walking on snow and ice outside is dangerous and so is walking on slush and water tracked inside. These tips are meant to reduce your risk when working inside and out during the winter.



Photo by [Morgan](#) on [Unsplash](#)

- Walk slowly, take small steps, and point your toes out slightly to be more stable.
VIDEO: [Learn How to Walk Like a Penguin](#) – Alberta Health Services
- Don't text or read while walking. Keep your hands out of your pockets.
- Don't take shortcuts over snow piles or areas where snow and ice hasn't been removed.
- Remove snow and water from shoes when entering buildings.
- Use special care when entering and exiting vehicles. Always use three points of contact.
- Don't rush! Give yourself extra time in winter weather.

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