

Help promote safe winter walking on campus by using this safety moment at your next meeting.

**Safety moment: safe winter walking**

Snow and ice on campus can present a greater risk of slips, trips and falls. Practise safe winter walking to help you stay on your feet this winter:

- Do the penguin shuffle
  - Point your feet outward like a penguin
  - Take short, shuffle-like steps
  - Keep your arms at your side and out of your pockets
  - Concentrate on keeping your balance
  - Watch where you are stepping
  - Go slowly
- Walk in designated areas. Avoid using short cuts and self-made paths as these may be very icy and slippery -stay on the cleared sidewalks, even if it takes extra time
- Wear appropriate winter footwear
- Take small steps to keep your center of balance under you
- Walk slowly and never run on icy ground
- Keep both hands free for balance, rather than in your pockets
- Use handrails from start to finish
- Avoid carrying loads on stairways or that obstruct your view; consider wearing a backpack
- Keep your eyes on where you are going
- Test potentially slick areas by tapping your foot on them
- Step - don't jump - from vehicles and equipment
- Don't text and walk at the same time

Report a snow or ice problem by calling the Customer Care Centre at 403-220-7555, emailing [myfacilities@ucalgary.ca](mailto:myfacilities@ucalgary.ca) or by submitting a [service request online](#). Call Campus Security at 403-220-5333 to report any injuries, and report injury incidents and near misses in the [Online Accident Reporting System](#) (OARS). Read safe winter walking tips at [ucalgary.ca/safe-winter-walking](http://ucalgary.ca/safe-winter-walking) and learn more about snow and ice control on campus on the [Facilities website](#).

