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 myfacilites@ucalgary.ca or by submitting a [service request online](mailto:myfacilites@ucalgary.ca).

Call Campus Security at 403-220-5333 to report any injuries, and report injury incidents and near misses in the [Online Accident Reporting System](http://onlineaccident.ucalgary.ca) (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 at [ucalgary.ca/facilities/snow-ice](http://ucalgary.ca/facilities/snow-ice).