



Walking Tips

Walking is pretty basic; we all do it, we are always doing it. Since we all do it all the time, walking and falling are a large percentage of on-the job accidents. Here are some reminders that can help to reduce the likelihood of tripping and falling, or if you do fall it will hurt a little less.

- Wear sunglasses in glare (remove in low light)
- Use designated walking routes (avoid shortcuts)
- Wear good shoes/good tread
- Take smaller steps in slippery conditions
- Point your feet out for maximum traction (walk like a penguin)
- Slow down
- Use handrails (where available)
- Keep hands out of pockets
- Know how to fall (tuck and roll)
- Test traction (if you're not sure)
- Don't jump from one level to another
- Keep walkways clear
- Avoid distractions (like texting)

There is more to keep in mind, but walking is so much a part of what we do that we get complacent and don't pay attention. Heads Up!