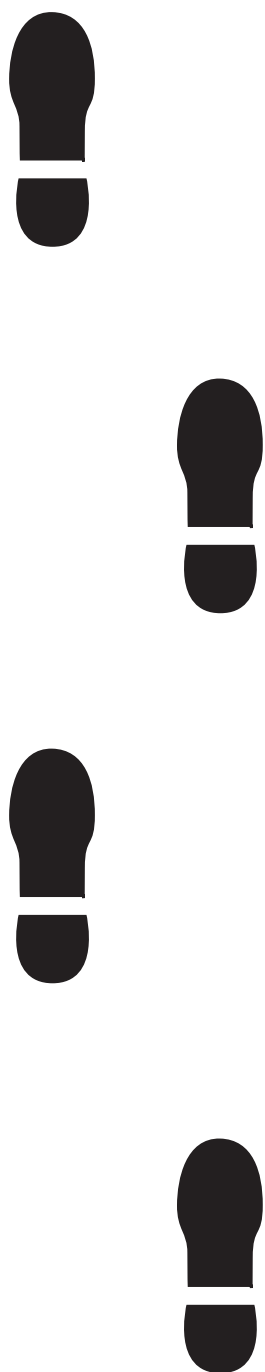


PREVENT SLIPS, TRIPS, AND FALLS

IF YOU NOTICE
A HAZARD,
ACT.

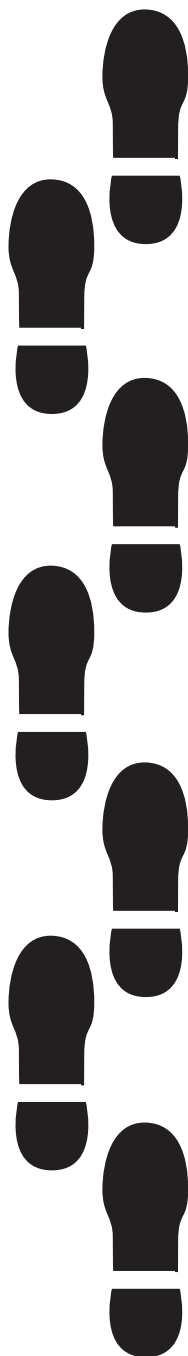
Avoid a slide. Adjust your stride.

Use a normal stride in dry conditions or when the surface has adequate traction.



At times only the heel of one foot is in contact with the walking surface.

Walk with short strides in hazards such as debris, wet surfaces, snow, or layers of leaves.



A shorter stride allows more contact between the soles of your shoes and the walking surface.

Walk like a penguin when surfaces are slippery, such as ice, or a wet floor.



The penguin walk provides maximum contact between the soles of your shoes and the walking surface.