



# Actions



## Adjust stride:

- Normal stride – Dry surface
- Short stride – Wet, snow, or debris on surface
- Penguin stride – Slippery or icy surface
- No running except in an emergency
- Lift feet while walking to avoid tripping

## Organize workspaces

- Every item has a place
- Put items away as you work

## Turn sideways:

- On a slope
- When stepping over large objects
- Ducking under obstacles

## Housekeeping:

- Secure cords
- Pick up debris/trash
- Clean spills right away