

# SAFETY MATTERS

## WINTER WALKING

Slips, trips, and falls are a leading cause of injury in the waste and recycling industry. Winter weather increases that risk. Walking on snow and ice outside is dangerous and so is walking on slush and water tracked inside. These tips are meant to reduce your risk when working inside and out during the winter.

- Walk slowly, take small steps, and point your toes out slightly to be more stable.
- Don't text or read while walking. Keep your hands out of your pockets.
- Don't take shortcuts over snow piles or areas where snow and ice hasn't been removed.
- Remove snow and water from shoes when entering buildings.
- Use special care when entering and exiting vehicles. Always use three points of contact.
- Don't rush! Give yourself extra time in winter weather.



© Alberta Health Services – Learn how to walk like a penguin

## THANK YOU SPONSORS!

### ROLLOFF SAFETY CHAINS SAVE LIVES



Are your rolloffs marked with the safety decals that alert individuals to tailgate safety hazards?

Your first step to safety markings starts [here](#) with HHH



We simplify branding and safety.™

GET REAL-TIME  
**BUSINESS  
INTELLIGENCE**

Smart-Truck  
Solutions

LEARN MORE

SAFE FLEET  
Driving Safety Forward™

1.877.636.7366 safefleet.net

For more #SWANAsafety info and resources visit [SWANA.org/safety](https://www.swana.org/safety)