

Prevention of Slips, Trips and Falls

The Art of Walking

Keep your
back
straight



Eyes forward,
and stay grounded

Find Your Balance Point

Every step matters - Stay Alert!

The first step to safety starts with your footwear.

Proper footwear is the foundation of safe walking!



Lace correctly =
Ankles protected

Three Points of Contact

Get a grip

Always maintain
3 points of contact



A Message Can Wait

Your safety can't!

Put the phone away while walking at work
Distraction = Danger



Walk Where You Should

Not Where You Can

Marked walkways are always your safe route. They are there to protect you - walking on them helps keep you and others safe.