Get a grip.

Always use the handrail on stairs/ramps.

Walk like a penguin.

You don’t see them slipping on snow or ice. Shuffle like they do and stay on your feet.

Penguins don’t wear high heels.

Should you? Make sure your footwear fits the job.
One step at a time ...

... and two hands.
Remember the 3-point rule when climbing a ladder.

Don’t jump!

Remember the 3-point rule when getting into or out of your vehicle—two hands and one foot or two feet and one hand.

One slip ...

... and you could be down for the count.
Don’t let one fall cost you everything.
Watch where you’re going …

… so you don’t go slipping, falling or stumbling.

A spill, a slip, a hospital trip.

Clean up spills before they cause an accident and send you to the hospital.

Wipe up, pick up, and avoid a slip up.

Clean up liquid or debris on the floor before an accident occurs.
Gravity always wins!

Slow down and watch your step.

Slip, trip, and fall are four-letter words …

… and nobody likes four-letter words.

Make a commitment to work safely.

You owe it to yourself and your family.