Stop winter falls. Walk like a penguin.

- Wear slip-resistant shoes with good treads
- Be hands free
- Walk slow and deliberate
- Extend arms outward to maintain balance
- Bend legs slightly and walk flat-footed
- Take small shuffle-like steps with feet pointed slightly outward
- Pay extra attention when changing surfaces





+1.888.500.3344

This document is intended for general information purposes only, and should not be construed as advice or opinions on any specific facts or circumstances. The content of this document is made available on an "as is" basis, without warranty of any kind. This document can't be assumed to contain every acceptable safety and compliance procedures or that additional procedures might not be appropriate under the circumstances. Markel does not guarantee that this information is or can be relied on for compliance with any law or regulation, assurance against preventable losses, or freedom from legal liability. This publication is not intended to be legal, underwriting, or any other type of professional advice. Persons requiring advice should consult an independent adviser. Markel does not guarantee any particular outcome and makes no commitment to update any information herein, or remove any items that are no longer accurate or complete. Furthermore, Markel does not assume any liability to any person or organization for loss of damage caused by or resulting from any reliance placed on that content.



