

PENGUINS

DON'T WEAR HEELS

SHOULD YOU?

MAKE THE
SMART CHOICE
THIS WINTER

Smooth soles
and high heels
are dangerous
on ice and snow.

Flat, textured
soles made of
non-slip rubber
soles offer far
better traction.



STOP WINTER FALLS.
WALK LIKE A PENGUIN.



Winter Walking Safety Tips
Environmental Health & Safety
Horticulture & Grounds
www.facilities.rochester.edu/snow



CONSIDER PRODUCTS THAT
ATTACH TO YOUR SHOES FOR
ADDED TRACTION.