

# How to Navigate Slippery Surfaces (And Not Fall)





**Reduced Surface  
Area**

#### THE CHALLENGE

## What Causes a Slip:

Our normal walking style doesn't work on slippery surfaces because:

- Only 1/3 of our foot is in contact with the ground when we push off or land
- The small surface area, combined with a lack of grip on the ground can cause our foot to slip



CONSIDERATION #1

## Scan & Plan

Awareness is the #1 preventative factor.

- Avoid going into “autopilot” mode
- Identify potential hazards and adjust your approach to avoid slippery surfaces whenever possible



## CONSIDERATION #2

# The Soldier March

When slippery surfaces can't be avoided, utilize a technique that focuses on marching like a soldier.

- Strike the ground and push off with your entire foot
- Knees driving up and down
- Small steps
- Arms driving forward



WHAT TO AVOID

## ❌ Penguin Walk

A popular technique often taught by public advisories involves waddling like a penguin with feet turned out.

### Why It's Not Ideal:

- Your feet weren't designed to be turned out when you walk- forces you to push off with the inside of your foot.
- If you slip a little bit, your foot will continue slipping out to the side

# Don't Let Slippery Surfaces Trip You Up

Looking for more resources to keep your team injury-free? Visit **[vimocity.com](https://vimocity.com)** to learn more.

