





Healthcare

# Winter Slips and Trips

***Avoid injuries during inclement weather.***

- ▶ Plan ahead. Give yourself extra time.
- ▶ Wear footwear that provides traction in ice and snow.
- ▶ Use special care when entering and exiting vehicles.
- ▶ Use designated walkways and scout ahead for slick spots.
- ▶ Travel along the grassy edge of icy walkways for traction.
- ▶ Take short steps or shuffle your feet for stability.
- ▶ Keep your center of gravity over your feet.

For more information:

 [www.worksafecenter.com](http://www.worksafecenter.com)  1.888.499.SAFE (7233)

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