

# WINTER WEATHER FALL PREVENTION TIPS

## TIPS TO PREVENT SLIPS, TRIPS AND FALLS

### ◆ Keep walkways clear

- ◆ If pathway is covered with ice, try to walk on grassy area
- ◆ Keep kitty litter in a baggie in your pocket to distribute for extra traction

### ◆ Wear appropriate shoes

- ◆ Rubber soled shoes or shoes with good tread

### ◆ Watch where you are going

- ◆ Don't be distracted, calculate each step

### ◆ Step Smart, Not Quickly

- ◆ Take shorter steps and keep your whole foot on the ground with each step (shuffle walking works well)

### ◆ If you do start to fall:

- ◆ Roll with the fall.
- ◆ Tuck your head to try to protect it from hitting the ground
- ◆ If you fall, take your time getting up to make sure you are ok

