

10 Tips to Avoid Winter Slips, Trips & Falls

- 1 Walk slowly and carefully in appropriate footwear
- 2 Use special care when getting in and out of vehicles
- 3 Watch for slippery floors when entering buildings
- 4 Avoid walking with your hands in your pockets, or carrying items in your hands. Try a backpack.
- 5 Watch out for black ice
- 6 Check potentially slick areas by tapping them with your foot
- 7 Walk as flat-footed as possible in very icy areas
- 8 Avoid uneven surfaces, like steps or curbs
- 9 Report any untreated public areas
- 10 Remember: **Take it slow on ice and snow!**