

Avoid Slips, Trips, and Falls During Winter Weather

As the winter months are upon us, we caution everyone to take extra care to avoid slips, trips, and falls as you are on your feet at home, on the job, or out and about. Following are a few tips to avoid a potential fall:

If you notice a hazard, act:

***Stay alert for uneven surfaces**

***If moving between vehicles, watch for curbs and potholes**

***If the temperature is close to freezing, assume there is ice; slow down and take short strides**

***Wear appropriate slip-resistant shoes for the environment and the weather**

***Use extra caution in parking lots, sidewalks and drives at work and at home**