

Preventing Slips, Trips, & Falls



Safe Winter Walking

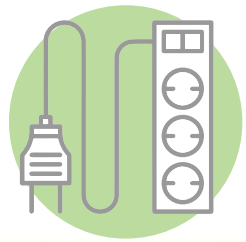
Tips and tricks to keep you safe during winter weather.

- Use hand rails
- Take steps slowly
- Avoid the use of cell phones
- Wear proper foot wear
- Maintain your center of balance
- Keep hands out of pockets
- **“Walk like a penguin”**
feet pointed out with short, shuffling steps
- Bend slightly forward and walk flat-footed with your center of gravity directly over your feet as much as possible.



Other Trip Hazards

- Extension cords for holiday lighting
- Tie downs and supports for decorations
- Door mats and rugs



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Snow and Ice Removal

Remember these snow-shoveling tips if you need to use a shovel instead of a loader or plow to clear an area:

- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow (if possible); it's lighter. If shoveling heavier snow, take smaller scoops.
- Push the snow rather than lifting it
- Lift with your legs, not your back
- Do not work to the point of exhaustion



If you have a loader, plow, or snow blower – remember to mark edges of sidewalks, driveways, and any other hidden objects to prevent damage!

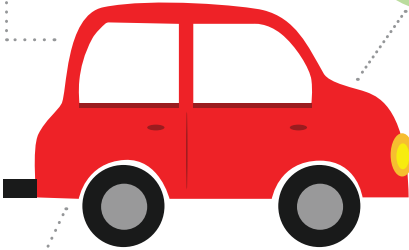
Tips for Exiting a Vehicle

Keep these tips and tricks in the back of your mind when exiting a vehicle during the winter months...

Do not grab objects as you are exiting.

Exit the vehicle then retrieve items.

Maintain three points of contact when stepping out of higher vehicles (trucks, SUV's, etc...)



Use the vehicle for support.

Use caution when shifting your weight to exit a vehicle.

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