Fall Prevention – Winter Weather Tips
Make These Tips Safe Habits!

- Always walk; never run.
- Watch every step; avoid possibly slippery spots, and tripping hazards, when you can.
- When conditions are wet or maybe icy, slow down.
- Take smaller steps.
  - Keep your feet at least a foot apart – approximately aligned under your shoulders when standing still.
  - Point your toes somewhat to the outside – be “penguin-toed”
- In slippery conditions, it can be good to shuffle your feet.
- Never change direction quickly; take several small steps, turning only slightly with each one, to turn.
- Never reach out or move quickly in a way that could shift your center of gravity outside where your feet are placed.
- When getting into a vehicle, step next to it and hold on with both hands until both feet are inside. Similarly, when getting out of a vehicle hold on with both hands until you are sure both feet are on the ground, with good traction.
- When entering a building, step on moisture-absorbing mats several times with each foot – to help prevent slipping on tile or other smooth surfaces.
- Wear a pair of slip-resistant shoes or boots, at least between your vehicle and the building and then again to your vehicle when going home. If necessary, you can change shoes while at work.
- When going up or down stairs be sure to hold onto the handrails.