



EVERYONE

Please
Watch your *steps*
this winter!



Ouch! The number of Slip & Fall accidents spikes about **50%** during winter's icy weather and shorter daylight hours.

About **20% - 30%** of Slip & Fall accidents result in a **moderate** to **severe injury**, such as bruises, **broken bone**, or **head injury**.

Five easy **steps** to preventing a Slip & Fall injury:

1. Wear shoes or boots with **treads**.

Proper footwear reduces your chance of injury by *about 25%*

2. Avoid **wet or icy** surfaces, inside & out.

40% of slip & fall injuries are caused by slippery surfaces. Watch out for black ice!

3. Turn on the **lights**, inside and out!

4. Use **handrails** on stairs and ramps.

5. Don't **rush or run** on slippery surfaces!

For additional resources for Preventing Slips & Falls Awareness, please visit www.CIRMA.org.

