EVERYONE

Please Watch your step 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.