



# 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](http://www.CIRMA.org).

