



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.

