

# Safety Tips - Avoid Winter Falls

Falls can always result in serious injuries. Never take any surface for granted in the winter. Wait a second before going out that door to think:

- ✓ **What is outside the door?**
- ✓ **Did it snow or rain last night or today?**
- ✓ **Have areas been salted or deiced?**
- ✓ **What is your best path to minimize the fall hazard?**
- ✓ **Do you need better footwear?**
- ✓ **On a slippery surface, take short steps or shuffle if necessary and focus on balance.**
- ✓ **Minimize distractions or carrying material on slippery surfaces if possible.**
- ✓ **Report all ice surfaces and conditions immediately.**

