

10 TIPS TO AVOID SLIPS

One out of five falls causes a serious injury, such as a broken bone or head injury. Keep your footing this winter by following these tips.

1

Wear **appropriate footwear**. Boots should fit properly, and provide good traction and stability.

2

Dress in **layers** to keep muscles warm and relaxed.

3

Watch out for **slippery or wet floors** when entering and exiting buildings.

4

Walk slowly and carefully - don't rush or run.

5

Keep **walkways clear** and report any untreated public areas.

6

Use **handrails on stairs** - they are there for a reason!

7

Walk like a penguin. Point your toes out slightly and take small steps.

8

Use special care getting **in and out of vehicles**. Go slowly and make sure footing is stable.

9

Use your **arms for balance**, and avoid carrying large loads that block your vision.

10

Watch out for **black ice**.



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