



# EVERYONE

*Please*  
**Watch** your *steps*  
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!