



# Winter Slips and Trips

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## **Avoid injuries during inclement weather.**

- Plan ahead. Give yourself extra time.
- Wear footwear that provides traction in ice and snow.
- Use special care when entering and exiting vehicles.
- Use designated walkways and scout ahead for slick spots.
- Travel along the grassy edge of icy walkways for traction.
- Take short steps and shuffle for stability.
- Keep your center of gravity over your feet.