Avoid Slips

- Look for wet or icy spots on the ground and avoid them
- Take small steps
- Keep your weight forward
- Bend your knees slightly
- Use the railing on stairs
- Wear appropriate shoes
- Go slowly!
Avoid Injuries – Breaking Your Fall

- Falling Forward
  - Hands in front of your face
  - Turn your head to the side

- Falling Sideways
  - DON’T reach out with an extended arm
  - Try to land in a way that you roll onto your back
  - Keep your head up

- Falling Backwards
  - Tuck your chin and keep your head up
  - Try to land on your palms and forearms


Questions?