

# WINTER WEATHER FALL PREVENTION

## Tips for Amputees

### DON'T:

- ⊗ TAKE SHORTCUTS. GO THE SAFEST ROUTE
- ⊗ RUSH OR BE IN A HURRY
- ⊗ WALK AND BE USING YOUR MOBILE DEVICE

### DO:

- ✓ USE A SLOWER & WIDER GAIT
- ✓ PAY ATTENTION TO WHERE YOU'RE WALKING
- ✓ PLAN AHEAD TO AVOID BEING OUT DURING BAD WEATHER
- ✓ BE CAREFUL GETTING OUT OF THE CAR



*Dress Warm for protection from injury or exposure to cold if you do fall*

*Consider wearing snow grippers on your shoes*

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