

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

optimusprosthetics.com

 optimus
PROSTHETICS