

# Winter Fall Prevention

## Fall Safety Tips for Winter

**1. Focus on Footwear:** Rubber Soles, especially those with plenty of tread, provide better traction on snow and ice than either leather or plastic soles, making them the best selection.

**2. Beware of Black Ice:** It's just as slippery as regular ice, but difficult to see, making it a top winter safety concern. Stay on clear pathways or ones that have been treated with sand or salt.

**3. Make Winter Safety a Priority:** Avoid rushing and allow yourself extra time to reach your destination safely. Avoid short-cuts through snow or over icy areas

**4. Walk Like a Penguin:** When walking on ground that is slippery with ice or snow — take short, shuffling steps, curl your toes under and walk flatfooted

