



Slips, Trips and Falls in the Winter



BE SAFE AND BE SEEN

Follow basic safety rules, such as looking both ways before crossing a street. Assume drivers cannot see you.



SHARE THE WAY

Be mindful of cyclists, runners and other pedestrians.

CONSIDER THE CONDITIONS WHEN PLANNING YOUR ROUTE

If possible, walk where trees offer some shelter from the wind and snow.



WEAR BRIGHT AND REFLECTIVE CLOTHING AND STAY VISIBLE

With fewer daylight hours and cloudy conditions, it is important to be highly visible to motorists.

START SLOWLY AND TAKE IT EASY

Muscles warm up as you go. Adjust your pace for the conditions to decrease the chances of straining a muscle or falling.

