SAFETY TALK IT UP!

Slips
- Slow down & pay attention to where you’re going
- Place each foot firmly & flat on the ground
- Adjust your stride on slippery materials – water, ice, snow, gravel, etc.

Trips
- Use sufficient light for your tasks
- Make wide turns at corners

Falls
- Look out for uneven walking surfaces
- Walk with feet pointed slightly outward
- Use care walking over wrinkled carpeting, scatter rugs, mats

Reduce Your Risk: