



1 *Wear sturdy footwear, with a good grip*



2 *Walk slowly and take short, deliberate steps*

3 *Avoid walking with your hands in your pockets*

4 *Be aware that black ice can look like wet pavement*

5 *Use handrails on stairs, so you can catch yourself if you slip*

6 *Use special care when entering or exiting vehicles*



IBC TOP 10 TIPS

Avoiding slips, trips and falls

#WinterSafety

7 *Keep walkways clear of slippery materials*

8 *Push the snow rather than lift it when shovelling*



9 *Try to shovel right away after a snowfall*

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10 *Salt or place sand on your front steps, driveway, and sidewalk*