

# SAFETY TIPS: WINTER INJURY PREVENTION



Every year, severe winter weather brings potentially serious injuries from slip-and-falls in icy conditions. If you do have to venture out and walk on the snow and ice, you should take several precautions:



Take your time and walk with slower, shorter steps



Make sure you are wearing warm, insulated footwear with rubber tread for good traction

Shoveling snow poses another serious risk this winter season. Soft tissue injuries of ligaments and muscles, especially in the lower back, are common from the heavy lifting, bending and twisting. Lessen your chances of getting hurt while shoveling snow:



Pace yourself and take frequent breaks



Wear slip-resistant boots and dress accordingly



Try pushing the snow as opposed to lifting it or twisting to throw it over your shoulder



Listen to your body and stop immediately if you get short of breath, start sweating profusely or have chest pain

For more information visit [amr.net/safety](http://amr.net/safety)