

6 Tips to **AVOID** Common Winter Injuries



SNOW SHOVELING

- Wear shoes with good traction to avoid slips and falls
- Keep your body square to the snow you're shoveling to avoid back injuries

WALKING ON SNOW & ICE

- Be aware of your walking path and take the long way around to avoid ice if needed
- Walk like a penguin: keep your arms wide, turn your feet slightly out, and shuffle



LIFTING HEAVY OBJECTS

- Square your body to the object and bend with your knees (not your back!)
- Avoid quick or twisting movements

*Safety
Committee's*

**MONTHLY
TIP**

