## 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 you knees (not your back!)
- Avoid quick or twisting movements

# Safety Committee's

