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The National Safety Council estimates that falls cause more than 1,500 deaths and 300,000 injuries per year.

At Iowa State University ...

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Winter Walking

http://www.ehs.iastate.edu/news/walk-safe-winter

Maintain three points of contact when stepping out of higher vehicles (trucks, SUV’s etc ...)

Use caution when shifting your weight to exit a vehicle.

Do not grab objects as you are exiting. Exit the vehicle then retrieve items.

Use the vehicle for support.

At Iowa State University ... One third of slip and fall injuries on ice occurred in parking lots.

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One quarter of slip and fall injuries on ice occurred while walking into work.

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- Maintain your center of balance.
- Use hand rails.
- Take steps slowly.
- Wear proper foot wear.
- Avoid talking on cell phones.