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

Walking during the winter requires special attention to avoid slipping and falling. The National Safety Council estimates that falls cause more than 1,500 deaths and 300,000 injuries per year.

At Iowa State University ...

**SAFE Winter Walking**

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

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

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