




Here's what you can do:

- 1. Heads up**  Be aware of possible hazards around you.
- 2. Eyes up**  If you see a hazard let people know.
- 3. Speak up**  If you feel unsafe tell others.



Tips to prevent

SLIPS:

- Clean up water or other spills as quickly as possible.
- Pick up paper or other materials from the ground.
- Clear snow and ice from stairs, driveways and sidewalks.
- Use pet-safe ice melt, gravel or even kitty litter to improve traction on icy areas.
- Walk like a penguin over slippery areas – take short shuffling steps and point your toes outwards.



Tips to prevent

TRIPS:

- Look out for rugs that have rolled up, charging cords or toys on the ground.
- Watch for loose deck boards and stairs or uneven sidewalks and stairs.
- Look for tools, rope, branches and sticks or other things that could get tangled with someone's feet.
- Make sure you can see where you're going when carrying something.
- Avoid texting or using your phone when walking.



Tips to prevent

FALLS:

- On stairs use the handrail and avoid distractions like your phone or friends.
- Avoid climbing on chairs, stools or other furniture to reach something.
- Watch for high areas that do not have railings or fencing to protect you.
- Keep a safe distance back from ledges or riverbanks.
- Shelves and cabinets should be secured to a wall, so they won't tip and fall on someone.