

Safe Winter Walking

Walk safe



Use hand rail.



Avoid talking on cell phones.



Wear proper foot wear.



Take steps slowly.



Maintain your center of balance.

Oregon **TECH**

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.

To learn more, visit www.oit.edu/faculty-staff/risk-management or call 541.885-1133