

# Fall Prevention Tips



Take small and short steps

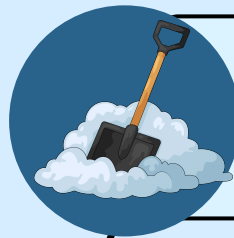
Wear winter boots or shoes with good grip



Grab onto a handrail to secure yourself



Remove snow from your porch, steps, walkway, driveway, and near your car as soon as possible



Make sure to salt areas near your house and car



If there is snow and ice, try to walk around it, rather than through it

Be careful entering and exiting your car. Hold onto the car door for additional support



SOUTHCOST

