



**CIRMA**

# Prevent slip & fall injuries

## Exercise helps prevent slip & fall injuries

Did you know? Athletic shoes, as well as snow boots, can play an important part in preventing slip and fall injuries this winter. Participation in an exercise program geared to improving strength, agility, and balance have been shown to reduce the incidence and severity of slip and fall injuries, especially in older individuals. Medical experts say that the single most effective slip and fall prevention strategy for older individuals is the practice of strength-balance exercises such as Tai Chi or yoga, and the development of muscle strength.

**Whatever your age or physical condition, slip and fall injuries can be severe. Over 45% of all injuries to CIRMA's Workers' Compensation members are caused by slip-and-fall-related accidents. Virtually everyone** who works in or uses municipal or school facilities **is at risk of a slip and fall injury.** CIRMA encourages everyone to consider participating in an approved wellness and exercise program. The injury-prevention benefits will extend throughout the year!

In addition, CIRMA recommends:

- 1. Wear proper footwear** -- shoes and boots with **treaded** soles and low or no heels.
  - 2. Use the handrails on stairs and ramps**, especially on outdoor steps or stairs where they may be icy or slick. Keep your hands free by using a backpack or shoulder bag to carry items.
  - 3. Keep floors, walkways, and stairs clean, dry, and clutter-free.** If you notice wet or icy areas, notify your facilities staff immediately! **More than 50%** of slip and fall injuries are caused by poorly maintained walking surfaces!
  - 4.** If you find yourself on ice or snow, **walk slowly** and take small steps!
  - 5.** Turn on the lights! Good illumination, especially in stairways and outdoors can help prevent slip, trip, and fall accidents.
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