Practice Defensive... WALKING!

Just as you use defensive driving to avoid accidents, be a ‘defensive walker’ to avoid winter falls

- Plan ahead to prevent last minute rushing
- Stay inside designated walkways
- Use handrails for support
- Don’t text and walk at the same time
- Take slow, short steps
- Try not to carry items in your arms (use a backpack!)
- Assume ALL wet, dark areas on pavement are black ice