

PREVENT SLIPS, TRIPS, AND FALLS



Turn sideways when stepping over obstacles.



Turn sideways when stepping over an obstacle—especially one that is taller than your midcalf or when the surface is slippery.

This allows you to:

- Place the entire surface of your foot on the ground as you step, which gives you more traction
- See your back foot easily, reducing the risk of striking the obstacle
- Use hand holds more effectively

