

# 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

