

Tips to avoid winter weather-related injuries

Physicians at University of Missouri Health Care are reminding everyone of safety tips to avoid accidents on the snow and ice.

John Yanos, M.D., University of Missouri Health Care physician and chair of the Department of Emergency Medicine at the MU School of Medicine, advises people to stay home to prevent winter weather accidents and injuries. If you must leave your home, go slow and take extra precautions in icy areas.

Tips to avoid winter weather-related injuries include:

- Plan ahead, and give yourself plenty of time to reach your destination.
- Wear shoes or boots that provide traction on snow and ice.
- Avoid high-heel, plastic-soled - and leather-soled shoes.
- Walk flat-footed.
- Move at a comfortable speed and shorten the length of your step.
- Keep both hands free for balance, rather than in your pockets.
- Use handrails when available.
- Walk in designated walkways as much as possible.
- Be aware of your surroundings.
- Avoid walking on snow and ice piles where removal has not taking place.