

# Quick Reminders to Help Prevent Brain Injuries during the Snowy and Icy Winter Months:

- \* **Wear the correct footwear:** An investment made by wearing the correct boots will save you from not only getting another brain injury or worse, but is just a smart decision. When buying these boots consider ones that have non-slip soles and think about using ice grips or traction cleats.
- \* **Keep sidewalks and driveways clear:** Make it a habit to clear these areas of any snow and add ice melt or sand to create a safe walking environment.
- \* **Consider your steps:** Make sure to take small, cautious steps to keep your balance on areas that may be slippery.
- \* **Plan ahead:** Do not be in a rush, leave with plenty of time to ensure you reach your destination.
- \* **Use assistive devices appropriately:** If maintaining balance is an issue for you, consider purchasing or obtaining assistive devices such as a cane or walker.
- \* **Dress Smart:**
  - Wear bright or reflective clothing when in the dark.
  - Wear hats, scarves, and keep masks from covering your eyes.
  - Make sure you can see your environment and don't let your glasses fog up.
- \* **Drive carefully:** If you are required to drive during winter weather, keep in mind you need to:
  - Reduce your speed
  - Increase distance between your vehicle and others
  - Avoid making abrupt or sharp turns

## Works Cited:

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