

Did you know safe walking is like safe driving?

**SAFE WALKING**



**SAFE DRIVING**



Don't text or read when walking.

Scan 10-15 feet in front of you.



Check shoe heels and soles regularly.

Wear slip-resistant footwear.

Look back before stepping backwards.



Have an annual physical exam.

Slow down and shorten your stride on wet or slippery surfaces.

Get your eyes examined regularly.



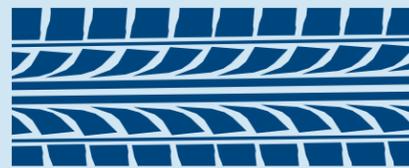
Walk slowly—look around the corner.



Avoid distractions.

Look ahead for hazards.

Inspect your tires.



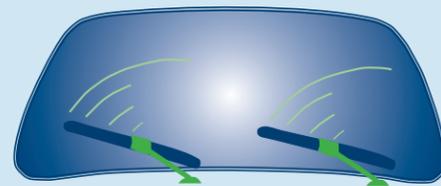
Buy tires with good traction.

Use your mirrors.



Get regular tune-ups.

Slow down on slippery roads.



Keep your windshield clear.

Slow down when turning a corner.



Hello

## Who Do I Contact?

To access online resources to help prevent slips, trips and falls, visit [www.emcins.com](http://www.emcins.com) and select **Loss Control**, or contact your local EMC loss control representative.