EPP & Winter Weather

Do you remember what to do should you experience an unexpected sudden body reaction?

If you have one of these moments (slip on some ice or wet leaves, miss a step, etc.), **engage your core muscles** to help prevent a back injury. Remember:

- Use the **Life Line Grip** when descending stairs.
- Maintain **three points of contact** while entering and exiting vehicles.
- Stay on **cleared paths** (don’t use parking meters as walking sticks).
- **Point your toe and go** when shoveling snow.
- **Inform others** of possible hazards (talk to your EPP volunteer).
- **Engage your core muscles** when lifting, pulling and/or pushing!
- Set your stepladder diagonally along its **line of strength** when clearing gutters, stringing and removing lights and decorations.

Be aware of your surroundings and situation as you work and play.

Ask yourself: Is this safe? Could I get hurt? Is there a better way or tool?

Use the EPP principles at home and work. Share these techniques with your families and friends and it might keep them from injury as well!