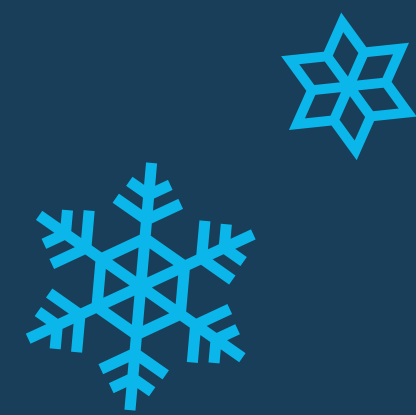


5 S.T.E.P.S.


To Prevent Injuries This Winter



Snowstorms and icy roads are dangerous, but did you know that you're far more likely to get injured in a slip, trip or fall this winter? The good news is these injuries are almost always preventable. By practicing these good injury prevention habits, you can save a lot of time, money and pain (literally!) for years to come.

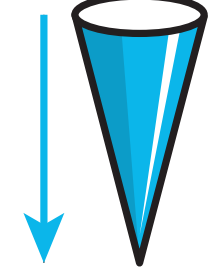
S STAY IN CONTROL




In 2016, there were 20,520 workplace injuries involving slips and falls on ice, sleet or snow that required at least one day's recovery away from work.

T TAKE CARE AND LOOK




A half-pound icicle with a 3-inch diameter can fall at a rate of 80mph and hit with 1,000 pounds of deadly force.

E ENSURE A GOOD GRIP




Slips, trips and falls cause 15% of all accidental deaths each year.

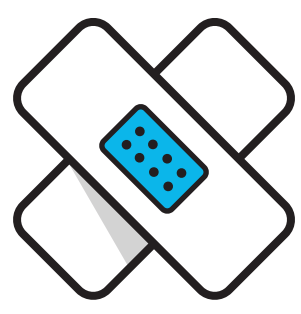
P PLAN FOR SUCCESS




About 8 percent of winter slips, trips and falls occur indoors, where ice and snow have been tracked in from outside.

S STRAINS MEAN PAIN




Cold muscles are more susceptible to injury than warmed up muscles.

To ensure both you and your vehicle are prepared to navigate the hazardous roads this winter, download our free *Winter Safety Pre-Trip Checklist*.

GET YOUR CHECKLIST

CONTACT US TODAY: SambaSafety.com

