

# Top 7 Causes of Winter-Related Injuries

Did you know that you're far more likely to be injured in a slip, trip or fall than in a collision this winter? These injuries are almost always 100% preventable. A few good habits now can help you stay safe and injury free for years.



## 1. RUSHING

Rushing does not save time! It can, however, lead to slips and injuries on icy pavement and wet tiles.



## 2. DISTRACTIONS

Distractions aren't just a hazard while driving. They're a common cause of slips, trips and falls. Winter weather increases this risk.



## 3. IMPROPER LIFTING

The holiday season means higher delivery volumes and bigger packages. Proper lifting technique can prevent back injuries. It's not worth the risk!



## 4. REPETITIVE STRAIN

You're probably extra busy this time of year! When performing repetitive movements, make sure to stretch regularly to give your muscles and joints a break.



## 5. GETTING IN AND OUT

Always maintain 3 points of contact (both feet and one hand, or both hands and one foot) when getting in and out of the vehicle. Watch for icy or slippery surfaces!



## 6. COLD MUSCLES

Cold muscles are more susceptible to injury. Take a few minutes to stretch and warm up your muscles before starting strenuous activity, especially in cold weather.



## 7. LIFT GATE

If your job requires you to use a lift gate, make sure you can confidently operate it before going out on a job. Never try to fix a broken lift gate! Call maintenance instead.

To promote winter driving safety and prevent costly incidents, share our free *Winter Driving Safety Resources*.

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