

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!

