

Higher Risk of Slip and Fall Accidents During Winter

By [Solnick & Levin, LLC](#)



It doesn't take a scientist to know that the risks of slip and fall accidents increase as the winter comes. Streets and sidewalks become covered with snow and ice, and make even the shortest trip to get the mail, a potential disaster. Read these tips to help keep yourself safe during the upcoming winter weather.

The number of people who have to be rushed to emergency rooms after suffering fractures is likely to increase as roads and sidewalks get covered with snow and ice this winter.

Winter fall-related injuries include not just fractures and broken bones, but also more serious injuries, like spinal cord injuries and brain injuries. According to the Centers for Disease Control and Prevention, approximately 1.7 million people suffer a brain injury every year. An overwhelming majority of these injuries are mild

injuries or concussions, but the remaining are serious injuries that can lead to permanent disability.

Slip and fall accidents are a major cause of brain injury and spinal cord injury during any time of the year, and the risks of such injuries are increased during winter, when walking conditions are so poor.

Here are some tips to reduce the risk of fall accidents this winter.

1. Wear appropriate footwear while walking outside. Your winter footwear should be designed for comfort and high traction, and not for style or glamour.
2. Experts recommend that you walk with small, careful and precise steps when you're walking outside during winter.
3. Avoid running, and avoid walking briskly. Avoid sudden changes in your direction while walking.
4. Keep your sidewalk shoveled.
5. Many people put their hands in their coat pockets to keep their hands warm while walking. However, you may need your hands free to break a fall when you slip.
6. If you are on certain types of medications like blood thinners, you may be at a much higher risk for poor outcomes from a fall.
7. Last but not least, avoid all kinds of distractions while walking. Switch off your cell phones, texting devices and portable MP3 players while walking outside in winter.

ABOUT THE AUTHOR: Jay Solnick

Solnick & Levin LLC represents clients in cases involving personal injury, workers' compensation, and, Social Security Disability/SSI. We spend each day fighting on behalf of injury victims. We understand how insurance companies, corporations, and even the government work—and we are not intimidated by their tactics.

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