



Genesee County Health Department

Mark Valacak, M.P.H., Health Officer
Gary K. Johnson, M.D., M.P.H., Medical Director

FOR IMMEDIATE RELEASE

DATE: January 7, 2015

END DATE: January 31, 2015

CONTACT: Suzanne Cupal, MPH
Public Health Supervisor

PHONE: (810) 768-7970

RE: Slips and Falls in Winter Weather

Ice and snow create the perfect environment for slips and falls. The Genesee County Health Department reminds you that over 1 million people suffer injuries from slips and falls each year. Of those, one third are 65 years old and older. Annually, 20,000 people die from their injuries related to a fall. Falls can cause broken bones, head injuries, fractures, bruises and death. It is important to be extra careful during the winter months when pavement and sidewalks become slippery. Here are a few ways to prevent an injury from occurring:

- Use handrails whenever possible
- Slow down and pay attention to the walkway
- Reduce the number of bags you carry as the weight can throw off your balance
- Dress in appropriate attire including footwear
- Inform someone if you notice uneven pavement or an icy patch

Be safe this winter season. For more winter health and safety information visit the Genesee County Health Department at www.gchd.us. Our motto is ***“Better Life through Better Health.”***

Better Life Through Better Health

Floyd J. McCree Courts & Human Services Building ♦ 630 S. Saginaw Street, Ste. 4 ♦ Flint, Michigan 48502-1540

Burton Branch ♦ G-3373 S. Saginaw Street ♦ Burton, Michigan 48529

Main Phone 810-257-3612 ♦ Visit us at: www.gchd.us