



# Ontario Seniors' Secretariat Falls Prevention Seminar

## Winter Safety Tips

### Plan ahead



- \* Keep sidewalks, steps and driveways well lit.
- \* Consider installing sensor lights in walkways.
- \* Spread salt, sand or non-clumping cat litter on walkways to keep them free of ice.
- \* Carry a small bag of salt, sand or non-clumping cat litter in your pocket to spread on icy patches when out walking.
- \* Consider using a walking aid with ice prongs or a ski pole.
- \* Carry your personal identification.
- \* Carry a flashlight with you in the dark.
- \* Carry a cell phone and put a whistle in your pocket for emergencies when walking alone.
- \* Ask a friend or a neighbour to come along with you.



### Be Active



- \* Keep moving in the winter months to stay strong, help your balance and give you more energy.
- \* Try to be active indoors. Go up and down the stairs, put down the TV remote and get up to change the channel.
- \* Do indoor balance and stretching exercises.
- \* Consider joining a balance and strength class such as Tai Chi.
- \* Keep in touch with friends and family. It will help the winter pass more quickly.

## Wear the Gear

- \* Cover your ears, head and fingers to avoid frostbite.
- \* Wear sunglasses and a visor to reduce glare from sun and snow.
- \* Dress in layers to stay warm.
- \* Choose less bulky clothing so you can still move easily.
- \* Wear sturdy boots that have a deep tread and fit well.
- \* Try ice-grippers on your boots for better traction on icy and snow-packed surfaces.
- \* ***\*\*Remove your ice-grippers to walk on smooth surfaces such as tiles or ceramic areas.***

## Choose Smart

- \* Plan activities according to your own likes and limits .
- \* Plan your route. Let others know where you are going and when you will be back if you are walking alone.
- \* Give yourself enough time to get where you are going without rushing.
- \* On icy surfaces, take small flat-footed steps.
- \* Hold onto the hand rail when you go up or down the stairs.
- \* Take extra caution on public sidewalks and report unsafe areas.
- \* Take a taxi when conditions are bad. The money is well worth avoiding a fall and hurting yourself.

