

Tips for Walking in the Winter



Sometimes avoiding ice and slippery conditions isn't possible. Here are tips for winter, icy conditions:

- Concentrate on what you are doing

- Be aware of your surroundings -

Always watch for hazards such as

ice on steps, sidewalks, and

pathways, snow and water puddles

- Walk flat-footed and drag your

feet slowly

- Don't rush. Move at a comfortable

speed shorten your stride. Give

yourself lots of time to go where

you are going

- Avoid reaching or twisting when

walking. Keep a hand free to

balance

- Be very careful getting on and off

buses and getting in and out of cars

- Carry a bag of grit (sand or non

clumping kitty litter) to sprinkle

as you walk to add traction

- Wear boots with traction and a low

wide heel - not smooth leather

soles or high heels.

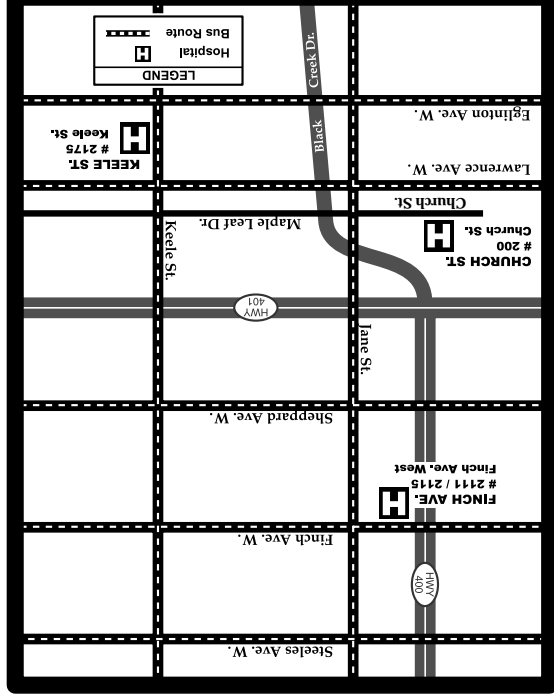
- Check outdoor stairs and entrances

for ice and put down sand or

icemelt as needed to keep them

tree of ice and snow.

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Tips for Preventing Falls:

Think safe, watch your step, prevent a fall.*



*Reproduced with permission from the Kingston, Frontenac and Lennox & Addington Falls Prevention Coalition.



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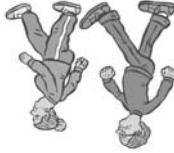
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1. Exercise Regularly

Regular exercise can help you maintain muscle, bone strength and flexibility, reducing the risk of injury.



2. Eat Balanced Meals

It is important to eat at least three well-balanced meals per day to avoid weakness, dizziness and fatigue.



3. Take Time for Friends

Research tells us that those who are isolated, lonely and less active have more falls and more serious injuries.



4. Plan Ahead

Rushing increases your risk of falling. Take your time.



5. Visit Your Doctor

Have regular check-ups as changes in vision, hearing, bones and muscles can lead to falls.



6. Drink Alcohol Responsibly

As we age, our bodies process alcohol differently. Your tolerance may have decreased. If you are on medication, talk to your doctor about the effects of mixing your medication with alcohol.



7. Use Medication Safely

Be aware that some medications can make you sleepy, dizzy or lightheaded. Discuss side effects with your doctor or pharmacist.



8. Wear Supportive Shoes

Wear supportive footwear with non-skid soles indoors and outdoors.



9. Use Walking Aids Correctly

A cane or walker should be fitted correctly and used as recommended. Consult your doctor, pharmacist or a therapist for assistance.



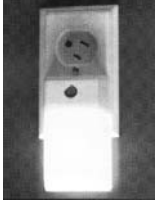
10. Remove Clutter & Secure Rugs

Clear objects from stairs and traffic areas. Avoid small rugs or mats that could slide or bunch up and cause you to trip.



11. Light up the Night

Night lights can be used to brighten dark hallways, bathrooms and stairs.



12. Do a Home Safety Check

Do a safety check of your home. Basic safety features include secure handrails, well-lit stairs, night lights, non-skid bathmats and grab bars.

