

WALKING SAFELY IN WINTER

Stay Independent. 
Prevent Falls.

Every year, 1 in 3 Alberta seniors will fall. The good news is that there are actions you can take to prevent falls.



Adapting the way you walk on icy, snow-covered surfaces can help you prevent falling.

Walk Like a Penguin

- » Bend slightly and walk flat footed.
- » Point your feet out slightly like a penguin.
- » Keep your centre of gravity over your feet as much as possible.
- » Watch where you are stepping.
- » Take shorter, shuffle-like steps.
- » Keep your arms at your sides (not in your pockets!).
- » Concentrate on keeping your balance.
- » Go S-L-O-W-L-Y.

Visit AHS at: www.penguinwalk.ca

TAKE ACTION TO AVOID A FALL IN WINTER

- ☑ Take your time and avoid rushing.
- ☑ When possible, avoid walking on snow and ice.
- ☑ Wear shoes or boots with a wide, flat heel.
- ☑ Make sure footwear has the proper amount of grip - not too much and not too little. Wear ice grips over your shoes or boots to get better grip on ice.
- ☑ Choose footwear with soles that stay flexible in the cold.
- ☑ If you use a cane, put a retractable ice pick on the end of it.
- ☑ Carry a small bag or container of sand to sprinkle on icy spots you can't avoid.
- ☑ Keep your hands free for gripping handrails or supports.
- ☑ When going indoors, stomp the snow off of your footwear and remove ice grips.



findingbalancealberta.ca

LOCAL CONTACT INFORMATION

Sources available upon request.

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