

# Tips to Walk Safely in Winter

Stay Independent.  
Prevent Falls.



Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

## When walking on snow and ice:

- Take your time and avoid rushing.
- Wear shoes or boots with a wide, flat heel.
- Choose footwear with soles that stay flexible in the cold.
- 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. Remove ice grips when indoors because they can be slippery.
- 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 cannot avoid.
- Keep your hands free for gripping handrails or supports.



## 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-LY.
- Visit Albert Health Services at [www.penguinwalk.ca](http://www.penguinwalk.ca)

## Sunlight and snow can be challenging during winter months:

- In bright light or at night, it can be hard to see.
- Walking surfaces can be icy, slippery or sloped. Loose snow can also hide the condition of the surface.
- Snow can also affect hearing because it might muffle sounds like approaching vehicles.
- Be sure to wear sunglasses all year.



**Email:** [info@findingbalancealberta.ca](mailto:info@findingbalancealberta.ca)  
**Phone:** 780.492.6019  
**Website:** [www.findingbalancealberta.ca](http://www.findingbalancealberta.ca)



LOCAL CONTACT INFORMATION:

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