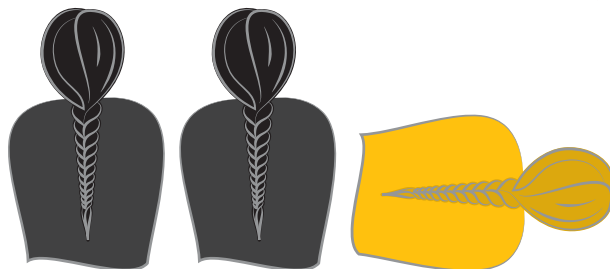


WALKING SAFELY IN WINTER

Every year, **1 in 3** Elders 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 avoid falling.



Take action to avoid a fall in winter!

- Watch where you are stepping.
- If you use a cane, put a retractable ice pick on the end of it.
- When possible, avoid walking on snow and ice.
- Take shorter, shuffle-like steps.
- Keep your arms at your sides (not in your pockets!)
- Keep your hands free for gripping handrails or supports.
- Concentrate on keeping your balance.
- Go S-L-O-W-L-Y: take your time and avoid rushing.



KEEP YOUR MOCCASINS MOVING!

Kee Tas Kee Now Tribal Council | <http://keetaskeenow.ca>

CHOOSE YOUR SHOES FOR WINTER



Wear shoes or boots with a wide, flat heel.

When going indoors, stomp the snow off your footwear and remove ice grips.

Wear ice grips over your shoes and boots to get better grip on ice.

Choose footwear with soles that stay flexible in the cold.

If you have had a fall, please talk with your doctor or community health nurse.



[FindingBalanceAlberta.ca](https://www.findingbalancealberta.ca)

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