

Health & Safety Tip #36

Keep Your Feet on Icy Streets

Cold snaps create dangerous, icy conditions on our sidewalks and roads. This can send people to island hospitals with fractured bones due to falls.

The Vancouver Island Health Authority advises seniors to be especially cautious when they venture outdoors this winter, as they are especially at risk of sustaining serious injuries from slips and falls.



Here are some strategies to reduce your risk of falling in icy weather:

- Postpone non-essential trips if possible
- Wear proper fitting, supportive footwear appropriate to the weather
- Keep your centre of gravity over your feet
- Walk slowly and pay attention to where you are going
- Remove reading glasses while walking
- Use extra caution when entering or exiting a vehicle
- Avoid stepping on ice or snow if possible - or, if you must, it should be "crunchy"
- Use a waist belt or backpack instead of carrying a purse to improve your balance
- Use walking aids (walkers or canes) as ordered for you by a health professional
- Sprinkle sand or salt around your home and on sidewalks to improve traction
- Do not use ladders in icy or wet weather. Ask for help or hire a professional if absolutely necessary.