It can be a challenge to get out during the winter months due to the cold temperatures, snow and ice. A single fall can cause a serious injury, but a few simple tips can help you stay safe, healthy, and active through a long Saskatchewan winter.

**Safety Tips for Winter Walking**

**PLAN AHEAD**

- ✓ Keep sidewalks, steps and driveways well lit.
- ✓ Consider installing sensor lights in walkways.
- ✓ Spread salt, sand or kitty litter on walkways to keep them free from ice.
- ✓ Consider using a walking aid such as a cane with ice prongs on the end.
- ✓ Carry a cell phone or a whistle in your pocket for emergencies when walking alone.

**BE ACTIVE**

- ✓ Keep moving in the winter months to stay strong, help your balance and give you more energy.
- ✓ Try to be active indoors. Go up and down the stairs, try an exercise bike or working out with a fitness video.
- ✓ Do indoor balance and stretching exercises.
- ✓ Keep in touch with friends and family or join a local seniors group. This will help the winter pass more quickly.
WEAR THE GEAR
√ Cover your ears, head and fingers to avoid frostbite.
√ Wear sunglasses to reduce glare from sun and snow.
√ Dress in layers to stay warm.
√ Choose less bulky clothing so you can move easily.
√ For warmth, choose a winter boot that is well insulated, water proof and light weight. A thick, non slip sole will give you more stability on ice and snow.
√ Use ice-grippers on your boots for better traction on icy and snow packed surfaces. BE CAREFUL!! Remember to remove your ice-grippers as soon as you come indoors to prevent slipping on smooth floors.

CHOOSE SAFETY
√ If you are walking alone, plan your route. Let others know where you are going and when you will be back.
√ On icy surfaces, take small flat-footed steps.
√ Give yourself enough time to get where you are going without rushing.
√ Take extra caution on public sidewalks and report unsafe areas.

Did you know...
* The greatest fear reported by seniors is the fear of falling.
* Falls are the most common cause of injury for seniors.
* 1 in 3 seniors will suffer a fall each year.

The good news is that falls can be prevented!
Take action because falls are no accident!