



CHATS
Community & Home
Assistance to Seniors

Winter Safety Tips

York Region Community and Health Services would like to wish you a safe winter. One in three seniors fall each year. Slippery streets, icy walkways and heavy snow conditions are winter hazards that could contribute to a tragic fall even for healthy and active seniors. The good news is that most falls are predictable and preventable.

- Keep all walkways and steps clear of snow and ice; have an adequate supply of shovels and ice melter on hand.
- Carry a small packet of “grit” or cat litter in your purse or bag to spread on icy patches when walking.
- Make sure walkways are well lit at night.
- Wear boots or overshoes that have a deep tread and fit properly.
- Dress warmly so you are not tempted to rush.
- Watch out for ice – wearing sunglasses can reduce glare.
- Carry parcels by your side so you can watch your step.
- Take a taxi home from a shopping trip, it could be less expensive than a fall.
- If you must walk on ice, slow down and take tiny steps.
- When using stairs, hold on to the railing.
- If your balance is not good, stay indoors on icy days; if you need to go out, take a cane equipped with an ice pick.

Tips adapted from East York Falls Prevention Action Group.

For more information, please contact

York Region Health Connection

1-800-361-5653 1-866-252-9933 www.york.ca

live well, age well, be well