

# Winter Safety and Fall Prevention Strategies

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**With the winter season upon us, it is important for everyone to be aware of slip and fall prevention strategies:**

- \* Wear boots and shoes with wide, low heels and non-slip soles.
- \* Buy a pair of ice grips for your shoes. The grips wrap easily around your shoes or boots and they'll do wonders for your traction on ice and snow.
- \* If you use a cane, install an ice pick on the end and wear glasses and hearing aids if prescribed to you.
- \* Do not keep your hands in your pockets. If you do slip you will need your hands to break your fall.
- \* Keep your porch, sidewalk and driveway free of ice and snow by using sand, salt or a non-corrosive ice-melting product available at your local hardware store.
- \* Slow things down. Walk slowly and carefully and keep your eyes open for slippery patches. Test out areas before attempting to walk on them. **BETTER SAFE THAN SORRY!**
- \* Before you climb stairs or enter a building, shake the snow off of your boots.
- \* Avoid walking over snow piles or in areas where snow removal hasn't taken place.
- \* Keep your eye on the weather. If you know that conditions are bad, stay inside.
- \* Do not carry large loads while walking on ice or snow.
- \* When possible, use handrails or anything that will help you keep your balance.
- \* **WALK NEVER RUN!**



Brain Injury  
Community Re-entry  
(NIAGARA) INC.

As temperatures drop, the number of slips and falls goes up. More ice and snow means that we have to be much more cautious and aware of our surroundings in order to avoid a painful and potentially dangerous slip and fall accident.

Falls can be very serious and can lead to major health issues. The good news is that most winter falls can be prevented by taking simple precautions.

Some factors that may increase the chance of falling may include:

- \* Dizziness
- \* Poor balance
- \* Weakness
- \* Previous falls
- \* Poor vision
- \* Medication

Brain Injury Community Re-entry (Niagara) Inc. is committed to providing a safe environment for our participants by ensuring that we minimize fall risk.

We will educate participants and family members and work in collaboration with participants and families to promote winter fall safety. Some of our prevention strategy goals include:

- \* To reduce the number of winter fall related accidents at BICR.
- \* To educate participants, family, and staff about the health risks associated with falls and provide strategies to reduce the risk of falls.
- \* To create a culture of safety at BICR.

# Winter Safety Tips

## Tips for Pedestrians

- \* Make eye contact with drivers, so you know they see you and they know you see them.
- \* Always use designated crossing points and obey pedestrian traffic signs and signals.
- \* Walk facing traffic, especially where there are no sidewalks.
- \* Enter and exit driveways and alleys carefully.
- \* Incorporate reflective materials on jackets and backpacks.

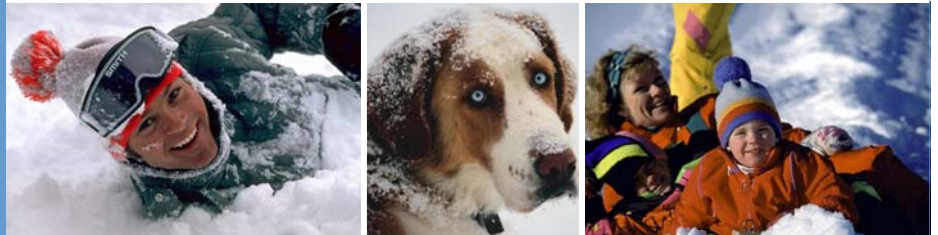
## Tips for Drivers

- \* Always yield to pedestrians.
- \* Use your headlights at all times to ensure you are visible to pedestrians and other vehicles.
- \* Slow down and keep extra distance between your vehicle and the one in front. It takes longer to stop on wet or slippery roads.

## Tips for Cyclists

- \* Treat your bicycle as you would a car, and obey the road rules.
- \* Always wear a helmet while riding a bicycle.

# Winter Fun Ideas



## Dance

Several locations in the city offer drop-in times for singles or couples for social gatherings.

## Play

Play in the snow - let your backyard or local park be your winter playground!

## Walk

Go for a winter walk in your neighbourhood or local walking trail.

## Skate

Enjoy an indoor or outdoor skate at your local arena or area park.

## Join

Join an indoor team of volleyball, basketball, badminton or enjoy other indoor activities.

Check out the link below for winter fun ideas:

<http://www.stcatharines.ca/en/governin/RecreationCommunityServices.asp>