



PAULMAR
HOUSING

WINTER SAFETY TIPS

Safety Tips

- **Wear appropriate footwear:** Shoes that provide traction on snow or ice are important. Rubber soles and boots or shoes with grip and texture can help keep you stable on ice and snow.
- **Keep your hands free:** In cold weather, wear gloves to help keep your hands warm and out of your pockets. This way if you should fall you can better catch yourself using your hands or arms. Don't get distracted with a cell phone while walking in icy conditions.
- **Take smaller, shorter steps when walking for stability.** In slippery conditions, walk slowly using small, short steps. If conditions are extra slippery, try shuffling along slowly without picking up your feet, in a gliding type motion. If snow or grass is available walk on these textured surfaces instead of on slippery walkways.
- **Use handrails if available.** Having something stable to hold on to can make a big difference should you slip. If you use a cane on occasion, it would be advised to use your cane in cold/icy weather to provide better stability.
- **Step down, not out, from your vehicle.** When getting out of a vehicle, swing both legs out and place both feet flat on the ground before getting up. Using both feet will give you more stability than just one foot.
- **Plan ahead.** Give yourself plenty of time to get where you're going. When you're running in a rush, chances of falling increase.
- **Watch for slippery floors inside.** In winter all kinds of water and ice can be found inside near entryways. Show caution and enter any building or your home by first taking a moment to look down to see if there is any hazard.

