

Health departments offer tips to avoid nasty falls

Local Health Services - Public Health Nursing Division would like to remind you that Falls are predictable, preventable and everyone is at risk. Winter can be lovely, but hazards abound. Following these tips can help you keep safe.

Tip 1: Wear boots or overshoes that have a deep tread and fit properly. Replace them when they are worn.

Tip 2: Dress warmly so you are not tempted to rush.

Tip 3: Carry parcels by your side so you can watch your step.

Tip 4: Taking a cab home from a shopping trip could be less expensive than a fall.

Tip 5: Walkways should be well lit at night.

Tip 6: When using steps, hold on to the railing

Tip 7: If your balance is not good, you should not be going out on icy days. When you do, take a cane equipped with cane prongs or iso grips, available from your local Medical Equipment store.

Tip 8: Keep a sharp eye out for ice - wearing sunglasses can reduce glare.

Tip 9: Keep all walkways and steps clear of snow and ice. If

HEALTH

help is needed to shovel snow ask friends, family or call CHATS (Community Home Assistance to Seniors) 898-3593 or Senior's For Senior's (416) 481-2733.

Tip 10: If you have any concerns about snow and ice in your community, contact your local municipal office.

Have a safe and enjoyable winter.

For more information on falls prevention please call 1-800-361-5653.

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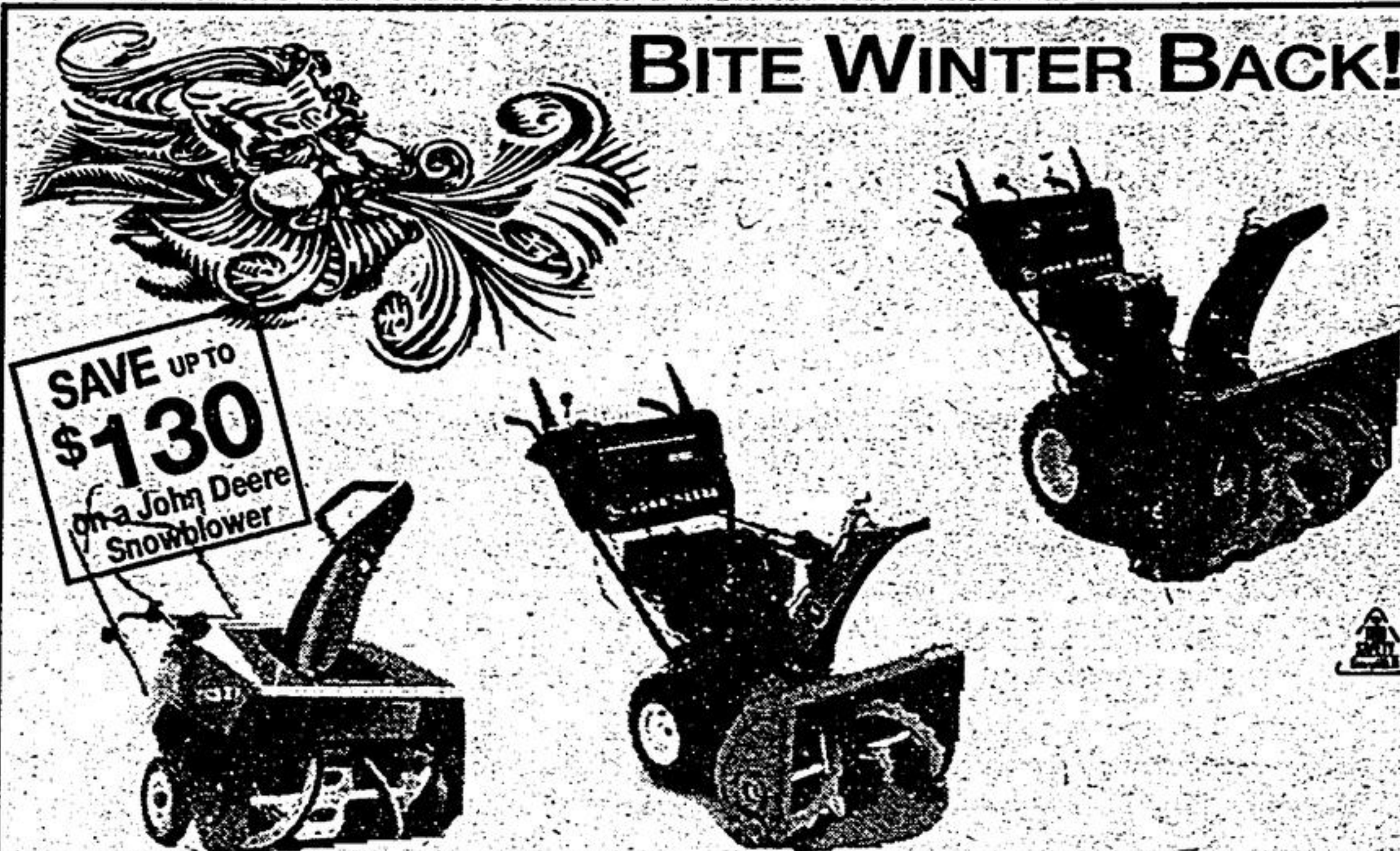
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