



YOUR GUIDE TO STAYING SAFE AND STEADY ON YOUR FEET THIS WINTER

Please share these tips with others and
lets **#StaySteadyNotts** when the
winter weather strikes.



SLOW AND STEADY

Allow yourself extra time to reach your destination to avoid rushing when there's snow or ice outside.



WEAR STURDY, WELL-FITTING SUITABLE SHOES

Wear boots, shoes and slippers with non-slip soles. Consider fitting a grab rail if you have steps at your front or back door. Find out more about the Handy Persons Advisory Scheme [here](#).



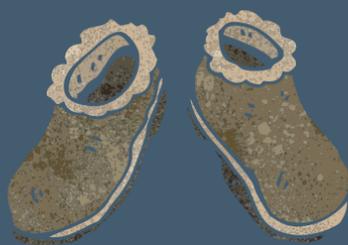
FOCUS ON FITNESS

Staying active will not only help keep you fit and healthy, it will also generate heat and keep you warm. Why not try one of our ENGAGE strength and balance classes, there's a variety to choose from!



WRAP UP WARM

Wrap up when outside, wear layers, and stay warm when at home since your muscles work more efficiently when they are warm, helping to prevent falls. Make sure you eat hot food and drink more regularly.



SAY GOODBYE TO WORN OUT SLIPPERS

They may be like old friends but it's time to say goodbye to your slippers if they have holes in their soles, frayed uppers, broken-down backs or the fit is 'sloppy'.



BE ALERT

Watch your footing when out and about, stay on designated walkways that are well lit, and use handrails when available. Don't forget to take a well charged mobile phone out with you too.



WALKING AIDS

Check the rubber ferrule has plenty of grip left on your walking stick. If you don't use a walking stick why not use a mountaineering pole instead that you can adjust the length of?



DRINK RESPONSIBLY

'Tis the season to be merry, however, the risk of unsteadiness increases after drinking alcohol with age and more so if you are taking medication. Keep health risks from alcohol at a low level by following advice about limits.