

# Stepping Out Safely...

## Yes No Do you...

- Cross at intersections with signals?
- Look in all directions for turning cars?
- Walk across the street as safely and briskly as possible?
- Walk at the edge of the road facing traffic in a straight line?
- Cross where you can be seen from both directions?
- Wait for a long break in traffic to cross?

## Tips:

### Be Alert!

- Scan for hazards.
- Choose a safe crossing.
- Always begin crossing on a new light.

### Be Seen!

- Make sure drivers see you.
- Wear bright or retro reflective clothing.
- Avoid crossing between parked cars.

### Be Safe!

- Choose to be a safe pedestrian.

## LEARN MORE ABOUT INTERSECTION SIGNALS AND WHAT THEY MEAN!

### REMEMBER:

Be Alert!  
Be Seen!  
Be Safe!



# Be Active Your Way Every Day...

- Be physically active every day and enjoy the benefits of improved muscle strength, balance and coordination, increased endurance and flexibility.
- Fight osteoporosis! (Porous, brittle bones that break easily.) Choose calcium and vitamin D rich foods, walk every day, stop smoking, limit alcohol and caffeine. Contact the Osteoporosis Society of Canada (1-800-463-6842) for more information.
- Have your vision and hearing tested routinely.
- Review your medications with your doctor.

## You can make a difference!

*Excerpts from Canada's Physical Activity Guide to Healthy Active Living for Older Adults, 1999.*

## Remember:

If you have identified hazards in your community or residential dwelling and would like to do something about them, then our action package is for you. It contains a step-by-step action plan to help you make changes. Call the Haldimand-Norfolk Health Unit for more information at 519.426.6170 or 905.318.5367.



### Simcoe

P.O. Box 247, 12 Gilbertson Drive  
Simcoe, ON N3Y 4L1  
519.426.6170 / 905.318.6623

Email: [info@hnhu.org](mailto:info@hnhu.org)

Web: [www.hnhu.org](http://www.hnhu.org)

### Caledonia

282 Argyle Street South  
Caledonia, ON N3W 1K7  
905.318.5367



# Stepping out safely

Maintain your health &  
independence as you age.



Walking is  
fun fitness!

## Should You Go Out Today?

- | Yes                   | No                    | Do you...   |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | Look out the window to check on the weather conditions in your neighbourhood? |
| <input type="radio"/> | <input type="radio"/> | Listen to the local radio station for up-to-date weather and road conditions? |
| <input type="radio"/> | <input type="radio"/> | Feel well and able to go out?   |
| <input type="radio"/> | <input type="radio"/> | Avoid busy traffic times in your community?                                   |

### Tips:

- Stay home if it appears icy or poor weather conditions.
- Be flexible in your plans.
- Change appointments if necessary.
- Avoid weather extremes (heat and cold).
- Take advantage of good weather days and go outdoors.
- Have an exercise backup plan – walk in halls, indoor activities.
- Use light weight cart for groceries and other items.

## Going Out...

- | Yes                   | No                    | Do you...  |
|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | Wear bright coloured or retro reflective clothing?                       |
| <input type="radio"/> | <input type="radio"/> | Have good lighting at the doorways and driveway?                         |
| <input type="radio"/> | <input type="radio"/> | Have sturdy handrails on both sides of stairway at all entrances?        |
| <input type="radio"/> | <input type="radio"/> | Have outdoor areas that are free of clutter, water, leaves, snow or ice? |
| <input type="radio"/> | <input type="radio"/> | Wear non slip, comfortable/sturdy footwear?                              |

### Tips:

- Use a cane with a pick in winter weather.
- Use ice grippers over your boots in icy weather (remove them before walking indoors again)
- Carry a small bag of rock salt, sand or non-clumping cat litter in your jacket pocket or handbag to sprinkle when you are confronted with icy sidewalks or steps
- Use outdoor sensor lights or leave lights on at all entrances.
- Watch for slippery surfaces due to high gloss paint, wet leaves, frayed carpet/mats and ice.
- Thick door mats with a non skid bottom lie flatter.
- Remove or repair any unsafe areas, i.e. frayed carpets.
- Handrails on both sides of stairs should project beyond top and bottom step.

## Out and About...

- | Yes                   | No                    | Do you...   |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | Watch for uneven surfaces, large cracks and holes on the sidewalk?        |
| <input type="radio"/> | <input type="radio"/> | Watch for ice and snow and wet leaves?                                    |
| <input type="radio"/> | <input type="radio"/> | Watch for walkway obstructions like benches, branches and portable signs? |
| <input type="radio"/> | <input type="radio"/> | Walk on a well-lit route?   |

### Tips:

- Know where the trouble spots are.
- Avoid cracks and uneven sidewalk joints by either stepping over or choosing another route.
- Wet leaves can be as slippery as ice.
- When walking on ice, wet leaves or gravel, keep your body loose, with knees bent, feet apart and shuffle. Take small steps or place your whole foot down at once and shift weight slowly to the other foot.

#### REMEMBER:

Plan ahead for changes in weather conditions.



#### REMEMBER:

Take extra care! Many falls occur as you step off the last step onto the sidewalk.

