

Ice put you on your butt? You're not alone!

Winter in Saskatchewan presents challenges to our safety. The icy sidewalks, streets and parking areas make falls and risk of injury a stronger possibility. Having had a recent fall myself, I know that falls don't happen only to "other people." The thaw and re-freeze over the

past several weeks has led to extremely icy conditions!

Preventing falls among our patients, clients and residents is important. However, in Canada, some 60,000 workers get injured annually due to falls. Statistics show that 60 per cent

of falls happen on the same level – not from a higher surface - and are caused by slips and trips.

Daphne Kemp
Fall Reduction and Injury
Prevention Coordinator

Here are some tips for reducing your risks of falling and sustaining an injury:

- Invest in good winter footwear. Wear shoes or boots that fit comfortably, have strong grips/treads and good ankle support.
- Use walking equipment. Instruments such as walking poles can help improve balance and also help develop greater upper body strength.
- Outdoor shoe grips can also help minimize slips.
- Be aware of your surroundings and footing! Pay more attention to the path ahead.
- Slow down! Rushing is a big risk factor for falling in any environment, so plan for extra travel time especially in winter.
- Take a load off. Are you carrying too much in your arms or over your shoulder? If you need to carry items, use a properly secured backpack so your arms are free to help you regain your balance in the event of a trip or slip.
- Report your fall, even if you are not hurt. Your report may help fix the cause and prevent someone else from falling in the future.

**Don't Text
and Walk!!!**

Please visit the [Fall Reduction and Injury prevention InfoNet page](#) for great information and resources including videos and educational material.

For more information, please contact

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