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Information
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première ligne

Step safely this winter

Winter weather can be beautiful, but it also brings more chances of slipping or falling. Every year, many Canadians are injured because of ice, snow, or wet floors. Falls can cause sprains, broken bones, and even hospital visits, but most can be prevented with simple habits.

Start by wearing proper footwear. Choose boots or shoes with a strong grip, firm ankle support, and a warm lining to keep your feet steady and dry. Avoid smooth-soled shoes when you go outside. Take short, careful steps, and give yourself extra time to walk on icy paths or stairs. Whenever you can, use handrails or hold onto something stable. At home, make your environment safe. Keep entryways clear of snow.



Staying active through the colder months also helps reduce your risk of falling. Activities like gentle stretching, walking indoors, or balance exercises such as standing on one foot can strengthen your muscles and improve coordination. If you notice that you feel dizzy, light-headed, or tired, please let me know. Some medications can affect balance, and we can review them together.

Let us work together to keep you steady, confident, and safe this winter.

For more
information, [click
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