

Prevent Winter Slip-Ups!

Walk like a penguin

The penguin waddle helps you keep a centre of gravity over the front leg as you step. Short strides also help keep your centre of gravity.



Keep walkways clear

Shovel snow and scrape ice as soon as possible. Liberally sprinkle ice melt product or sand onto walkways to provide foot traction and to avoid ice forming.



Take all precautions

Be extra cautious walking after a storm. Tap your foot on potentially icy areas to see if it is slippery and stay steady by wearing proper winter footwear.



Lighten your load

Carry fewer bags on snowy days to avoid throwing off your balance and keep your hands free while walking.



Boost balance with exercise

Exercise is an ideal way to help you stay safely on your feet. It helps improve balance, flexibility and strength.



Visit your chiropractor

If you do take a tumble, visit your chiropractor. They'll get you back to doing the things you love to do and work with the rest of your care team to help prevent future falls.

