

# Stepping Out Safely

## Do you...

- |   |     |    |
|---|-----|----|
| 14. Cross at intersections with signals?                            | Yes | No |
| 15. Look in all directions for turning cars?                        | Yes | No |
| 16. Walk across the street as safely and briskly as possible?       | Yes | No |
| 17. Walk at the edge of the road facing traffic in a straight line? | Yes | No |
| 18. Cross where you can be seen from both directions?               | Yes | No |
| 19. Wait for a long break in traffic to cross?                      | Yes | No |

## 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 IN-TERSECTION 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 and pharmacist.
- Carry an up to date Medication Record with you at all times...



## IT COULD SAVE YOUR LIFE!

**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 "Seniors Falls Prevention" at 905-688-3762 or 1-800-263-7248.



## You Can Make a Difference!

If you would like a group presentation please call:

Grimsby Community Policing Committee Inc.  
 905-945-8623



Exerpts from Canada's Physical Activity Guide to Healthy Active Living for Older Adults, 1999.  
™ Canada's Research Based Pharmaceutical Companies (Rx&D) 1-800-363-0203

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# Stepping Out Safely



**Maintain your health  
 & independence as you age.**

## Walking is fun fitness!

Provided  
 courtesy of:



# Should You Go Out Today?

## Do you...

- |  |            |           |
|--|------------|-----------|
| 1. Look outside to check weather conditions in your neighbourhood?               | <b>Yes</b> | <b>No</b> |
| 2. Listen to the local radio station for up-to-date weather and road conditions? | <b>Yes</b> | <b>No</b> |
| 3. Feel well and able to go out?   | <b>Yes</b> | <b>No</b> |
| 4. Avoid busy traffic times in your community?                                   | <b>Yes</b> | <b>No</b> |

## 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.



**Remember:  
Plan ahead for changes in  
weather conditions.**

# Going Out

## Do you...

- |   |            |           |
|---|------------|-----------|
| 5. Wear bright coloured or retro-reflective clothing?                 | <b>Yes</b> | <b>No</b> |
| 6. Have good lighting at the doorways and driveway?                   | <b>Yes</b> | <b>No</b> |
| 7. Have sturdy handrails on both sides of stairways at all entrances? | <b>Yes</b> | <b>No</b> |
| 8. Have outdoor areas free of clutter, water, leaves, snow or ice?    | <b>Yes</b> | <b>No</b> |
| 9. Wear non-slip, comfortable and sturdy footwear?                    | <b>Yes</b> | <b>No</b> |

## Tips:

- Use a cane with a pick in winter weather.
- Use outdoor sensor lights or leave lights on at all entrances.
- Have salt or sand handy for winter weather.
- 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, e.g., frayed carpets.
- Handrails on both sides of stairs should project beyond top and bottom step.

**REMEMBER: Take extra care!  
Many falls occur as you step off the  
last step onto the sidewalk.  
Be Alert! Be Seen!  
Be Safe!**

# Out and About

## Do you...

- |   |            |           |
|---|------------|-----------|
| 10. Watch for uneven surfaces, large cracks and holes in the sidewalks?       | <b>Yes</b> | <b>No</b> |
| 11. Watch for ice and snow and wet leaves?                                    | <b>Yes</b> | <b>No</b> |
| 12. Watch for walkway obstructions like benches, branches and portable signs? | <b>Yes</b> | <b>No</b> |
| 13. Walk on a well-lit route in a straight line?                              | <b>Yes</b> | <b>No</b> |



## 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.