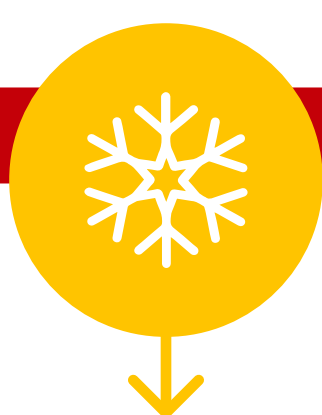




Weill Cornell Medicine

Stay on Your Feet This Winter



Heading out in the cold, icy New York winter?
Follow these tips to stay steady on your feet.

1 Add traction to your cane

If you walk with a cane, add a spike tip on the bottom. This attachment breaks through ice, letting you plant your cane on more solid ground.



2 Carry traction materials

Kitty litter, sand or rock salt can improve traction, and rock salt can reduce ice. Keep a small bag with you and sprinkle some on the ground when needed.

3 Do the penguin walk

Walk with your knees slightly bent and feet pointed outward. Take shorter steps to improve balance and traction.



4 Put on gloves

They'll keep your hands warm and out of your pockets. That way, you can catch yourself if you begin to fall.

5 Start on both feet

Plant both feet firmly on the ground before exiting a car.



6 Take your time

Slow down and take each step thoughtfully to reduce your fall risk.

7 Watch for slippery spots

Look out for fall hazards: ice and snow outside and melted snow and slush inside.



8 Wear the right shoes

Rubber soles provide better grip on snow and ice. Add spikeless gripper sole covers for even more stability.

Visit weillcornell.org/doctors to find a doctor
at Weill Cornell Medicine for more help
staying on your feet all year long.



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