

This Winter, Stay on Your Feet



Avoid falls and injuries this icy, snowy season with these helpful tips.

Dress Properly

- **Clothing.** Choose clothing that fits properly and won't tangle or catch on door handles or handrails.
- **Gloves.** Keep your hands out of your pockets, so you can use them to cushion your landing if needed.
- **Shoes.** Wear shoes with good traction to help keep you upright on slick surfaces.



Move Properly

- **Exit safely.** Place both feet firmly on the ground before getting out of a car.
- **Take your time.** Be mindful of your pace on wet surfaces to maintain stability and prevent slipping.
- **Walk like a penguin.** On slippery sidewalks and icy streets, take short steps with your knees bent and feet pointed out slightly.

Use the Right Tools



Eyes

Look for icy areas as you walk. When inside, look for water on the floor that may lead to slips and falls.



Gripper attachments

Spikeless sole covers and spiked canes can help you maintain balance.



NYC311

If snow and ice on sidewalks haven't been cleared in a timely manner, contact [NYC311](https://www.nyc.gov/stay-safe).



If you fall and lose consciousness, feel dizzy or experience other symptoms, you may have a concussion. **Contact your provider immediately.**

Want to avoid falls in the future?
Visit weillcornell.org/doctors to find a provider who can help.