

Fall Prevention
Community of Practice
ADULT+JUNIOR



Fall Prevention Month 2019

Activity Implementation: Safe Winter Walking

Tuesday, July 9th 2019

Amber Schieck

Marguerite Thomas

THIS WEBINAR IS BEING RECORDED.
THE SLIDE DECK AND RECORDING WILL BE
EMAILED AFTER THE WEBINAR.

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Q&A

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Webinar Outline

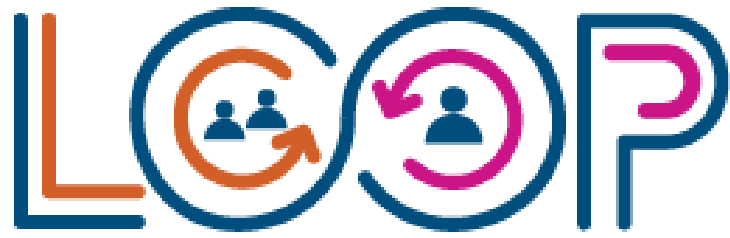
12:00 – 12:05pm – Introductions

12:05 – 12:15pm – How to use the Fall Prevention Month Website

12:15 – 12:20pm – Questions?

12:20 – 12:35pm – Safe Winter Walking

12:35 – 12:45pm – Questions?



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Fall Prevention Month Activity

Safe Winter Walking

By Amber Schieck and Marguerite Thomas

On behalf of the

Southwest Ontario Fall Prevention Network

**The Safe Winter Walking
Campaign provides a
variety of awareness
activities that can be used
and adapted throughout
the fall and winter seasons.**



About Safe Winter Walking Campaign

Organization/Sponsor Contact: South West Ontario Fall Prevention Network

A.Schieck@publichealthgreybruce.on.ca
marguerite@thomas.name

Type of Activity: Campaign

Target Audience: Older adults and caregivers

Sector: Community dwelling older adults

Costs: There may be printing costs depending on which activities you decide to host

Timeline for Activity: Campaign planning: summer months. Campaign launch: fall and winter months.

What do we want to share?

- Literature Search
- Fact Sheet
- Brochure
- Display
- Articles
- PowerPoint Presentation
- Poster

How did we start?

Background Research and Planning

- Literature Search:
- Up-to-date academic articles, web sources, and newspaper articles on the topic of safe winter walking, provided through Loop.



Library Service

Service:	Literature Search
Topic:	Safe Winter Walking
Keywords:	Fall Prevention, Falls, Older Adults, Winter, Safety, Safe, Walking, Slippery Surfaces
Date:	December 2017

Public Education and Awareness Building

Fact Sheet:

- A simple, printable fact sheet for older adults with tips on staying active and preventing injury during the cold winter months. Contains facts for creating resources, rather than glossy points as in a brochure.



Brochure

- Benefits of walking
- Tips for Winter Walking
 - Before walking
 - During your walk
 - After your walk
- Will require your own art



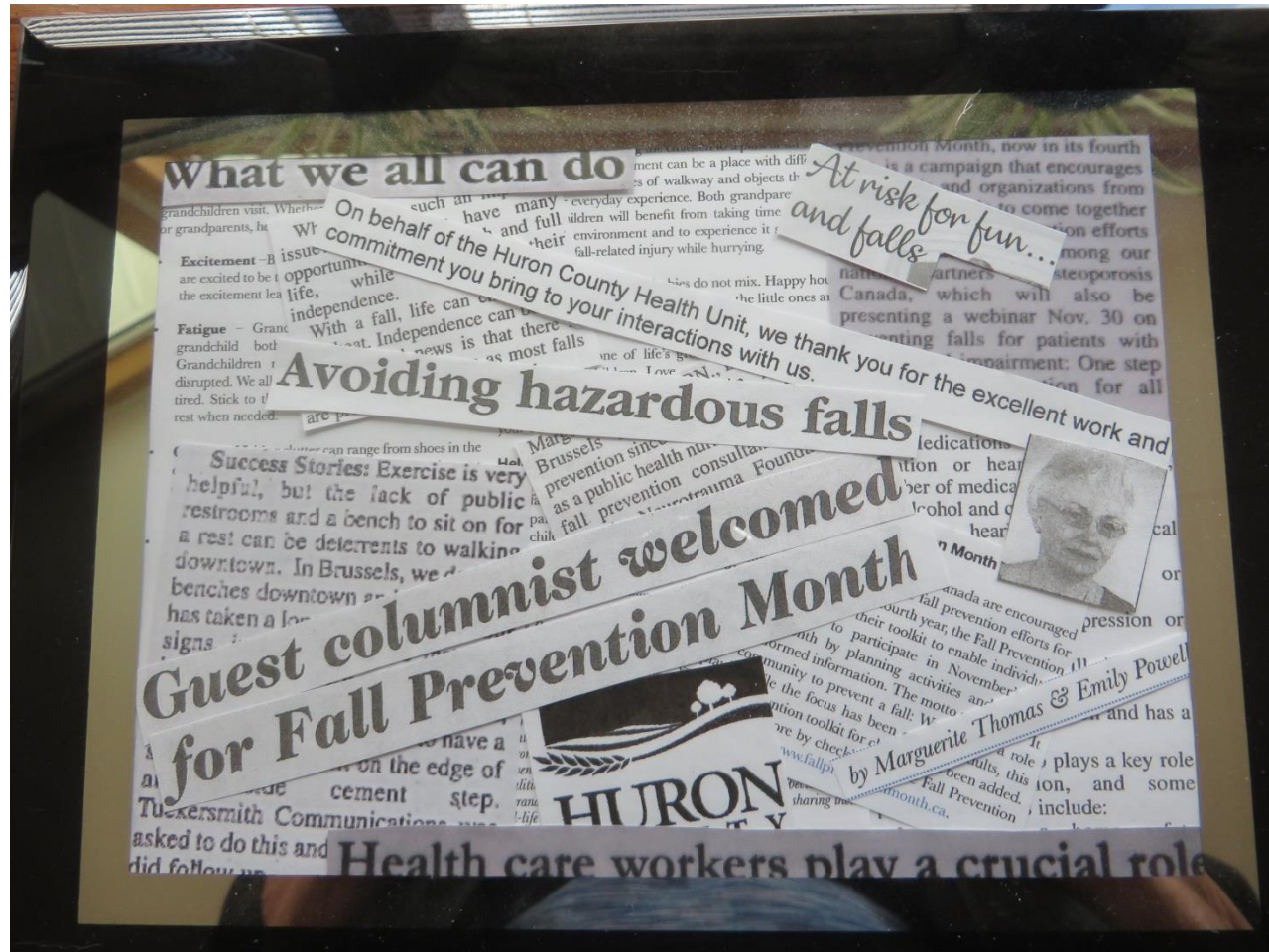
Safe Winter Walking Display:

- Detailed instructions on how to create an effective Safe Winter Walking display (board, handouts, raffle, demonstrations, take-home samples) for your next event. Inexpensive and a big hit with the public! These instructions were posted as a discussion on Loop.

Articles

- A 1400 word Safe Winter Walking article was written for the Grey/Bruce, Huron/Perth (Ontario) [Boomers](#) magazine.
- Several shorter articles with different titles are also on the website to be adapted.
- Get in touch with your local news outlet and write piece about your topic of interest.

Make it your own!



PowerPoint Presentation

- A generic presentation that can be adapted for your local area contact information, special considerations and resources.



Winter Walking

Physical activity throughout the year is essential.
Prevent falls and fractures by staying active all year round.



- ◆ Wear non-slip footwear, consider devices to help with balance (ice grippers or walking poles).
- ◆ Scan for hazards and take your time, black ice is hard to see.
- ◆ Walk with a friend or tell someone before you leave.
- ◆ Dress for the weather by wearing layers of reflective clothing.

For more information, contact your local health unit

Poster

How can you implement a Safe Winter Walking Campaign?

Action Step 1: Background Research and Planning

- Read and understand more about safe winter walking.
- Start to plan your activities. Are you planning a public presentation or display? If so, where? Do you want to provide handouts? Some venues include: community centres, libraries, community fairs or school fairs.

Action Step 2: Public Education and Awareness Building

- Use the provided examples of activities and resources you can implement throughout your campaign.
- Promote your campaign activities. Reach out to community members, community centres, and other groups who you think may be interested in your campaign.

Action Step 3: Evaluation

- You can evaluate your activities by counting the number of handouts you gave, or how many people attended your presentation, or how many contacts you gained from your campaign. What was the impact of your campaign?

Enjoy winter walking
and
be safe!

Resources

Canada Safety Council: Canada's Voice and Resource for Safety. Safety Tips for Winter Walking.

<https://canadasafetycouncil.org/senior-safety/safety-tips-winter-walking>

My Health. Alberta.ca. Winter Walking Tips: Lower Your Risk of Falling.

<https://myhealth.alberta.ca/Alberta/Pages/winter-walking-tips.aspx>

Board of Health. Preventing Injuries from Wintertime Slips and Falls in Toronto. City of Toronto: Board of Health; 2016 Oct. Report No: PW17.14 Available from:

<http://www.toronto.ca/legdocs/mmis/2016/pw/bgrd/backgroundfile-98004.pdf>

University of Calgary. Risk - Environmental Health and Safety. Safe Winter Walking.

<https://www.ucalgary.ca/safety/home/report-accident-incident-oars/safe-winter-walking>

PEO Canada. 9 Winter Safety Tips You Didn't Know.

<http://www.peocanada.com/peo-blog/9-winter-safety-tips-you-didnt-know/>

Contact Us

Marguerite Thomas

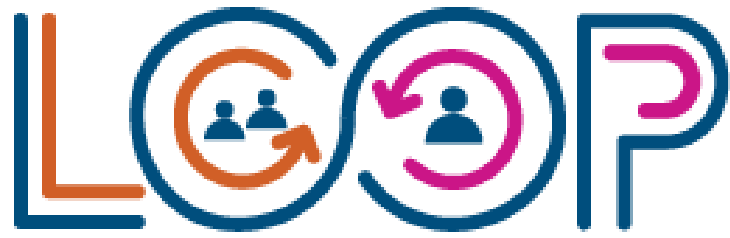
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Questions?

Type your questions in to the Q&A.

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Fall Prevention Month 2019: Activity Implementation Webinar Series

Tuesday, July 16th 2019:
Finding Hazards in the Home

