

Safe Winter Walking: Research References & Internet Resources

Weather and climate impacts affecting walking

Canada:

- ✿ **Associations between meteorological factors and emergency department visits for unintentional falls during Ontario winters.** Huynh D, Tracy C, Thompson W, Bang F, McFall SR, Curran J, Villeneuve. *Health Promot Chronic Dis Prev Can.* 2021;41(12):401-12. <https://doi.org/10.24095/hpcdp.41.12.01>
- ✿ **Identifying outdoor winter walking programs and resources for older adults: a scoping review of the grey literature.** Barclay R, Mbabaali S, Akinrolie O, ... Winter Walk team. *Physiotherapy Canada.* 2023 Mar 21:e20220060. <https://doi.org/10.3138/ptc-2022-0060>
- ✿ **Outdoor falls in an urban context: winter weather impacts and geographical variations.** Morency P, Voyer C, Burrows S, Goudreau S. *Can J Public Health.* 2012;103(3):218-22. <https://doi.org/10.1007/BF03403816>
- ✿ **Weather warnings predict fall-related injuries among older adults.** Mondor L, Charland K, Verma A, Buckeridge DL. *Age Ageing.* 2015;44(3):403-8. <https://doi.org/10.1093/ageing/afu199>
- ✿ **Understanding the influence of weather and warning information on trip and activity decisions, behaviour, and risk outcomes.** Mills BN. 2021. PhD Dissertation. University of Waterloo. https://uwspace.uwaterloo.ca/bitstream/handle/10012/17371/Mills_Brian.pdf
- ✿ **Winter Storms and Fall-Related Injuries: Is It Safer to Walk than to Drive?** Mills BN, Andrey J, Doherty S, Doberstein B, Yessis J. *Weather, climate, and society.* 2020 Jul 1;12(3):421-34. <https://doi.org/10.1175/WCAS-D-19-0099.1>

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Winter footwear and outdoor walking supports research

Canada:

- 🍁 **Evaluation of winter footwear: comparison of test methods to determine footwear slip resistance on ice surfaces.** Roshan Fekr A, Li Y, Gauvin C, Wong G, Cheng W, Fernie G, Dutta T. *Int J Environ Res Public Health*. 2021 Jan 6;18(2):405. <https://doi.org/10.3390/ijerph18020405>
- 🍁 **Reducing fall risk for home care workers with slip resistant winter footwear.** Bagheri ZS, Beltran JD, Holyoke P, Dutta T. *Appl Ergon*. 2021 Jan;90:103230. <https://doi.org/10.1016/j.apergo.2020.103230>
- 🍁 **Slip resistance of winter footwear on snow and ice measured using maximum achievable incline.** Hsu J, Shaw R, Novak A, Li Y, Ormerod M, Newton R, Dutta T, Fernie G. *Ergonomics*. 2016 May;59(5):717-28. <https://doi.org/10.1080%2F00140139.2015.1084051>

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Internet Resources

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University of Calgary. Risk - Environmental Health and Safety. **Safe Winter Walking.** Available from: <https://www.ucalgary.ca/safety/home/report-accident-incident-oars/safe-winter-walking>

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- 4 things you can do to prevent falls this winter <https://www.mcmasteroptimalaging.org/blog/detail/hitting-the-headlines/2022/01/11/4-things-you-can-do-to-prevent-slips-and-falls-this-winter>
- Watch Your Step! <https://www.mcmasteroptimalaging.org/blog/detail/hitting-the-headlines/2021/01/19/watch-your-step-helpful-tips-to-prevent-slips-and-falls?sid=1d0f667b-52ff-4171-95c3-d3690df74075&hl=winter>
- Preventing Slips and Trips During Winter <https://www.mcmasteroptimalaging.org/blog/detail/hitting-the-headlines/2020/01/21/preventing-slips-and-falls-during-the-winter>
- Assistive technologies: It's not for me, I'm not there yet!. McMaster Optimal Aging Portal July 29, 2020. Available from : <https://www.mcmasteroptimalaging.org/blog/detail/blog/2020/07/29/assistive-technologies-it-s-not-for-me-i-m-not-there-yet>
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- Winter Walking Tip Sheet <https://coaottawa.ca/wp-content/uploads/documents/Tips-Sheets-English1.pdf>
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