

Fall prevention for older adults

Wear proper footwear and use the right accessories
to get around safely in winter

It is essential to do outdoor activities in the winter to keep in shape and stay healthy.
However, to enjoy yourself and avoid injuries during the cold months, it's important to have the right gear!



Choosing your boots

Boots are essential to walk outside in winter, avoid slipping, and be comfortable when it is cold or snowing.

Here's what to look for when choosing winter boots:

- Light, warm and well insulated
- Waterproof
- Wide, thick, non-slip soles
- More points of contact with the ground means more stability and better traction
- Avoid smooth soles and high heels

Use ice grippers

Grippers are very useful to increase safety and stability when walking outdoors on hard snow and on ice.



Grippers must never be used indoors.

It is recommended to sit down in a place with a doormat when putting them on and taking them off.

You can buy grippers in most pharmacies and large stores.

Some boots have built-in ice grippers. They are more expensive but also more practical.

Use walking sticks in the city

When used properly, walking poles increase stability and improve posture.

They provide extra points of contact with the ground and reduce the impact on knees and low back.

Walking poles also improve endurance and walking speed.



How to use them

- Adjust the height so that your elbows are at a 90° angle when you hold the poles out in front of you.
- Choose the right tip for the type of terrain and season (e.g., ice picks in the winter).
- Walk with a natural arm swing.

You can buy walking poles in sport and outdoor equipment stores.