



**Being outside in the fresh air can help you to feel good. When you step outside, give your eyes time to adjust to the outdoor light. Wear sunglasses year round to reduce glare and see well. Stay safe by using your cane or walking aid.**

### **Watch Your Step**

- Keep steps and sidewalks free of newspapers, leaves, and twigs.
- Look out for pets. It is easy to trip over a pet and their toys in your path.
- Watch for cracks in steps and sidewalks or changes in elevation.
- When you see a tree ahead in your path, watch for the low-hanging branches, tree roots or fallen branches on the ground.

### **Take Your Time**

- Hurrying puts you at risk of falling.
- Take your time when getting on and off the bus and crossing the street.
- Be aware of curbs and ramps, especially when getting in or out of a car.
- Unload your car in several small trips.
- Carrying too much may block your vision or cause you to lose your balance.

### **During the Winter**

Winter can be a difficult time of year to get out and about. Stay safe by following these simple tips:

- Wear boots with non-skid soles.
- Shovel snow off steps and pathways to your home. Ask for help if you need it.
- Sprinkle de-icer, salt or sand on icy steps and sidewalks. Put a scoop or plastic cup in the bag and use what you need. De-icer costs about \$3 per bag.
- If you go out for the newspaper or mail, have a neighbor watch you walk down the path.

### **During the Summer**

Summer is a great time to be outdoors. Follow these simple tips to stay right side up:

- Wear supportive footwear with non-skid soles indoors and outdoors. No slip-ons.
- Take care when walking on slippery, wet surfaces. Wet grass and a sidewalk covered with wet leaves can be dangerous.
- Keep your pathways free of outdoor furniture and garden hoses.
- Put garden tools away when you are not using them.