



Your guide to staying safe and steady on your feet this winter

Lets **#StaySteadyNotts** when the winter weather strikes.
www.nottsc.gov.uk/falls



Look out for this useful guide.



Slow and steady

Allow extra time to reach your destination and remember to charge your mobile phone.



Wear sturdy, well – fitting suitable shoes

Wear boots, shoes and slippers with non-slip soles. Consider fitting a grab rail if you have steps at your front or back door. Call HPAS on 0300 500 8080 who can help you.



Focus on fitness

Staying active will not only help you keep fit and healthy, it will also generate heat and keep you warm. Why not try one of our ENGAGE classes to help improve your strength and balance.



Keep warm

Wrap up well, wear extra layers, stay warm at home, consume hot food and drinks regularly.



Say goodbye to worn out slippers

They may be like old friends but it's time to say goodbye to your slippers if they have holes in their sole, frayed uppers, broken-down backs or the fit is 'sloppy'.



Be alert

Watch your footing when out and about, stay on designated walkways that are well lit, and use handrails when available.



Walking aids

Check the rubber ferrule has plenty of grip left on your walking stick. If you don't use a walking stick why not use a mountaineering pole instead?



Drink responsibly

'Tis the season to be merry however keep health risks from alcohol at a low level by following advice about limits.