

# Senior Safety News



## Clermont County General Health District Senior Safety Program

### Winter Safety

Winter weather can increase the risk for falling. Here are some safety tips to reduce the risk of falling.

1. Check the traction on your footwear. Look at the soles of shoes and boots. If the bottoms are smooth, consider switching to shoes or boots with some tread to provide extra traction. Dress shoes are often slippery so wear boots to your destination and then switch to dress shoes once inside.
2. Check railings inside and outside your home. Are they strong enough to hold if you start to fall?
3. Keep your salt and snow shovel in the house. If you have to walk to the garage to get them on icy or snowy paths, you have defeated their purpose.
4. Carry a cell phone with you. If you fall and need assistance getting up, you may need to call for help.
5. If a patch of sidewalk appears icy, test the area with your toe before putting all your weight on the area.
6. Slow down. Some falls occur because we push the limits of our balance.
7. Ask for help. Many people are willing to lend a hand or steady arm to aid an unsteady senior.
8. Strengthen your legs. Exercise can help strengthen leg muscles. If you slip, strong leg muscles can help prevent a fall or if you do fall, strong leg muscles can help you get up more easily.
9. Replace worn rubber tips on canes and walkers.
10. Keep your hands out of pockets and free

to catch yourself or grab a railing.

11. Make sure that shoes/boots are dried at the door mat when reentering your home. Wet spots on the floor can lead to falls. Wipe up any wet spots immediately.

12. Eat nutritious meals and drink plenty of water to help your body perform at it's best.

13. Holiday gatherings often include alcohol. Try alcohol free "mocktails" instead to reduce the risk of dizziness and falls.

14. Keep emergency supplies on hand to avoid going out in extreme weather.

January 2010

911 Fall Data Statistics & Grab bars installed 2009

#### FALLS 2009

|           |     |
|-----------|-----|
| January   | 89  |
| February  | 43  |
| March     | 62  |
| April     | 76  |
| May       | 48  |
| June      | 54  |
| July      | 73  |
| August    | 69  |
| September | 81  |
| October   | 69  |
| November  | 84  |
| December  | 115 |

#### GRAB BARS 2009

|           |    |
|-----------|----|
| January   | 20 |
| February  | 14 |
| March     | 29 |
| April     | 29 |
| May       | 7  |
| June      | 18 |
| July      | 32 |
| August    | 30 |
| September | 16 |
| October   | 14 |
| November  | 18 |
| December  | 37 |

A Clermont County Senior Safety Coalition meeting is scheduled for March 17, 2010 .