

# Staying Safe, Strong and Steady this Winter

NHS GGC and Petey Penguin have come up with a few tips to help you prepare for the winter months and reduce your risk of falls

## Footwear

Wear appropriate footwear for the weather/environment



## Walking Aid

Give your walking aid an "MOT"



## Eyes

Get them tested - remember this is Free



## Walk Like a Penguin

- Turn your feet out
- Relax your knees
- Use your arms for balance
- Take small, slow steps



## Lighting

With the dark nights use nightlights and sensor lights to keep all areas well lit



## Keep Active

If the weather is keeping you in you can keep active and warm by doing housework or completing some simple strength and balance exercises



## Medications

Speak to your pharmacist to see if any of your medicines could affect your balance



Stay Safe



Scan this QR code to find out more about reducing your risk of falls.



Petey penguin says - Remember to Stay Safe and Waddle On!