

Safety Tips for Cold Weather Hazards



As the months grow colder, inclement weather conditions can increase the risk of falls. Wet leaves, snow, and ice on the ground can be hazardous, making it more difficult to maintain balance.

Start your winter-weather planning and help prevent injury with this checklist:



Keep an indoor temperature of at least 19-21° celcius, because some medications and chronic conditions can make it more difficult to stay warm.¹





Maintaining strength and mobility with an indoor exercise program is recommended for injury prevention and quicker recovery.² Yoga, light resistance training and dancing can easily be done indoors.



Be prepared. If you leave the house for a walk or other activity, let someone know what route you're taking and when you will be back. Carry a personal emergency response system (PERS) to get help quickly.

Plan ahead when the temperatures start to drop! Review this checklist and other safety precautions with the support of your spouse, family, or friends.

And if accidents do happen, TELUS LivingWell Companion, a personal emergency response service with optional fall detection capability, can provide you with access to help.

Talk to your healthcare professional or contact us at:  1-844-979-2008  telus.com/livingwell

1. Companions For Seniors. What Is a Safe Home Temperature for Seniors? <https://companionsforseniors.com/2019/11/safe-home-temperature-for-seniors/>
2. St. Joseph's Health Care Foundation. Winter safety tips for seniors. <https://supportstjoes.ca/winter-safety-seniors/>