

Falling snow, steady feet

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Go hands free

Avoid putting your hands in your pocket to keep them warm as your reactions may need to be quicker on slippery surfaces. Invest in some cosy gloves with grip instead!

Clear pathways of ice and snow

Grit/salt surfaces outside your home to reduce your risk of slipping.

Install grab rails

Slippery steps and icy pathways are not the best combination! Installing grab rails can help you stay steady when coming into and out of the house.

Wear suitable footwear

Shoes should have a high back to support your ankles, have a heel lower than 1 inch and most importantly have a slip resistant sole.

