Interior Health

Winter safety HABITS

Keep your hands free while you are walking for balance.

Stay on designated pathways.

Know before you go! Check weather forecast and road conditions before you depart.

Wear appropriate footwear for the weather with non-slip soles.

Use caution when getting in and out of vehicles.

Avoid carrying items that reduce your ability to see where you are going.

Plan ahead and give yourself sufficient time to get to your destination so that you are not rushing.

Help keep everyone safe by reporting any unsafe conditions this winter!