

# Snow and Ice





## Tips on clearing snow and ice

If it is safe for you to do so

- **Clear the snow or ice early in the day** – it's easier to remove fresh, loose snow rather than snow that has packed together. If you remove the top layer of snow in the morning, any sunshine during the day will help melt the ice beneath. You can then cover the path with salt before nightfall to stop it refreezing overnight.
- **Prevent slips** - Pay extra attention to clear steps and steep pathways.
- **Use salt or sand – NOT water** – If you use water to melt snow it may refreeze and turn to black ice. Black ice increases the risk of injuries as it is invisible and very slippery.
- **Take care where you move in the snow** – When shovelling snow, take care where you put it so it doesn't block people's paths or drains. Clear a path down the middle first so you have a clear surface to walk on. Then shovel from the centre out to the sides of the path.

## Checking in on the Elderly

- Check on elderly loved ones regularly, and if you are not within practical travelling distance, arrange for neighbours to check in and provide their number to call in emergencies.
- Make sure elderly persons have emergency supplies on hand.
- Make arrangements for someone to provide transportation during severe weather for medical appointments or visits to the shops.
- During a weather emergency, arrange for someone to stay with a loved one who is physically or cognitively disabled.

## Prevent Falls in the Snow

To lower the risks of a fall:

- Do not walk on icy or snowy footpaths. Look for footpaths that are dry and have been cleared.
- Wear boots with non-slip/skid soles so you do not slip when you walk. Ice grippers can be purchased and fit over footwear.
- If you use a walking stick, replace the rubber tip before it is worn smooth. You might also buy an ice pick which fits onto the end of the stick to help keep you from slipping.
- Always carry a mobile phone in your pocket in case you need to ring in an emergency if you fall.
- Wear your aid call pendant in and around your home.

## Useful tips for you during Winter!

- Keep your home at a steady temperature, better to keep it low and on at all times rather than peaks throughout the day.
- Don't run out of oil - Try not to let your heating oil go below half a tank as bad weather can delay deliveries and you may not get it when you need it.
- Fix dripping taps as a small trickle of water can freeze and completely block the pipe.
- Have telephone numbers to hand for family / neighbours who can help if needed.
- Write down a name and number for a reputable plumber in case you need one in an emergency.

## Tips on how to use Salt

- Make sure you wear appropriate footwear in the snow and ice. Ice grippers can be purchased and fitted over your shoe/boots.
- Make sure your salt bag is not going to be a tripping hazard to you. Have your salt bag placed where it is going to be easy access for you to use for example, cupboard beside front / back door.
- Use a plastic cup to spread the salt.
- Salt should be spread before frost / ice / snow. Remember if it is raining the salt will be washed away.
- Snow should be cleared before putting salt down however this is not always possible. If you are spreading salt on top of snow this may take longer to melt through the snow and ice below so be careful.
- Keep up to date with the weather forecast as when the temperature drops below -7 degrees salt and even road grit becomes ineffective so it is good to know the limitations of salting.
- Salt areas may require re application daily and it should never be assumed that it is anything other than a potential slippery surface.





## Home Safety Check Scheme

The Home Safety Check Scheme aims to reduce the amount of accidents happening in the home to include – **Falls, Burns, Scalds, Poison and Fire.**

**The people most at risk of home accidents are:  
Children under the age of 5 and Adults over 65**

If you are interested in a friendly visit from our Home Safety Team to provide FREE helpful advice, information, support and where appropriate, free equipment you need to make your home safer.

For further information or to book your **FREE Home Safety Check**, please contact the Home Safety Team at Eastern Group Environmental Health Committee on 028 9049 4570 / 07961 460 785. We look forward to hearing from you.

## Ideas for main meals and snacks

### Breakfast:

- Porridge, Weetabix or ready brek made with warm milk.
- Wholegrain non sugary cereals with milk eg. shredded wheat – try chopping a banana onto the cereal to add one of your five a day.
- Wholemeal, wheaten or granary bread with low fat spread
- Boiled or poached egg and toast

### Snacks:

- Piece of fruit – banana, orange or apple.
- Crackers and low fat cheese
- Scone, pancake or toast with low fat spread
- Hot drink eg. tea or coffee

### Lunch / light snacks

- Baked beans on toast/baked potato
- Thick soup eg potato and leek, lentil or vegetable
- Grilled bacon with tomato and bread/roll
- Sardines on toast with salad
- Omelette, with a variety of fillings such as mushrooms, cheese or ham
- Sandwiches eg, ham, salad, chicken or tuna.
- Drink eg unsweetened fruit juice, milk or water.

