



INTRODUCING "ICERS"

Winter conditions can make a pleasant afternoon walk in the park seem like a dangerous walk on thin ice. Ensuring walkways are cleared and sand/salted can help to reduce your risk of falling.

There are a number of

different types of spikes for shoes to help make winter walking safer. Icer's are made by a New Brunswick based company and are used by the meter readers of Newfoundland Power. Icer's strap on over your regular footwear and have knobby treads with metal and rubber cleats. Other falls prevention projects in Atlantic Canada report that seniors find icer's helpful and easy to use. In Newfoundland and Labrador icer's are available at Bren/Kir Industrial at 15 Glenco Drive. The phone number is (709)368-4656. Icer's retail for \$39 +HST but if you mention Project UPRIGHT and the Seniors Resource Centre and you can get a pair for \$32.60 +HST. These can also be ordered through the Lee Valley Catalogue for \$36.50 + HST by calling 1-800-267-8767 or order online at www.leevalley.com. You may need a product number so you may have to request a copy of the catalogue. Contact the Seniors Resource Centre 737-2333 or 1-800-563-5599 to see our samples or for other ideas about how to reduce your risk of falling. (*prices may change)

