



# The London Hand and Wrist Unit

Correspondence  
Wellington Place  
London NW8 9LE

Tel 020 7483 5090  
Fax 020 7586 6410  
www.handunit.co.uk

## Falls Prevention in the Snow and Ice

It is the time of year where we must be extra careful when out in the wintry conditions. A slip and fall on your hand or wrist can have a long term impact on your work and on your daily activities. Please remember a few simple strategies to help avoid falling and injuring yourself:

- Choose sturdy foot wear with good traction.
- Take your time. Don't rush or run even if you are in a hurry.
- Walk on gritted surfaces.
- Use hand rail where available.
- Watch your step – pay attention and try not to get distracted.
- Keep warm, but make sure you can hear what's going on around you.
- Try not to carry too much. Keep your hands & arms free for better balance.
- When entering a building take care as floors and stairs may be wet and slippery.

If you do fall and hurt your hand or wrist then do seek medical attention. The London Hand and Wrist Unit is here for you. Our highly skilled surgeons and therapists are available to thoroughly assess and treat your injury. We can refer you for x-rays and scans to accurately diagnose your problem, and from there develop specific management strategies to help you return to your full function.

**A heavy fall on your outstretched hand can result in injuries such as:**

**Distal Radius Fracture, Scaphoid Fracture, Wrist Sprain and/or  
significant Soft Tissue Trauma**

**If you do have a problem please seek advice as early as you can.**

**REMEMBER, PREVENTION IS BETTER THAN CURE.**

**STAY SAFE**