

Walking Behavior Most Likely to Result in a Fall

1 Hurrying

Hurrying can cause you to be less vigilant about where you're stepping.



3 Walking with both hands full

Such walking makes it difficult to react in the event of a slip, so you're more prone to an injurious fall.



5 Wearing improper shoes and clothes

Shoes without non-slip soles are slippery on winter roads, and they greatly increase your chances of falling. Dressing too lightly can reduce your agility by leaving you prone to the cold.



2 Putting your hands in your pockets

This reduces your ability to react, thus increasing your risk of injurious fall.



4 Walking inattentively

Letting your attention wander, such as by talking on your mobile phone, raises your risk of falling.



6 Walking drunk

Being drunk lowers agility and alertness and increases your likelihood of an injurious fall.



Suggested Winter Clothing

Hat

Heavy woolen hat. (When you fall, it protects your head from impact.)

Scarf

Long, wide (It's convenient for temperature adjustment.)

Sweater

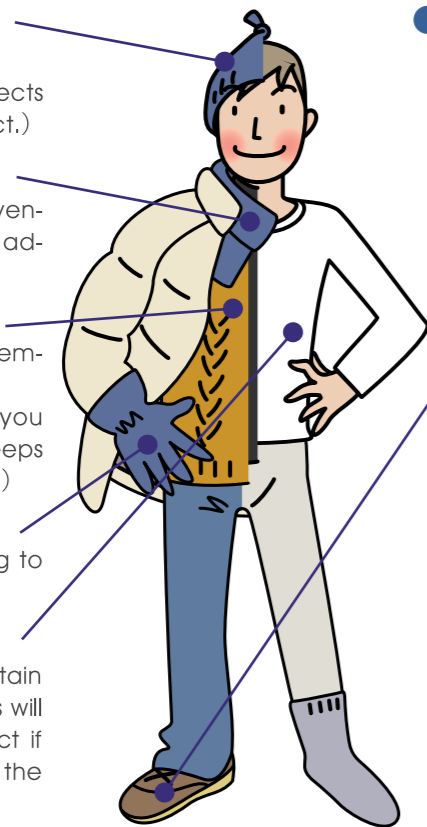
Light in layers, for temperature adjustment (Bundling up helps you stay warm, which keeps you from stiffening up.)

Gloves

Waterproof, extending to cover the wrist.

Underwear

Multiple layers to retain body heat (Long johns will even soften the impact if your backside hits the ground.)



Footwear

Non-slip shoes*, or non-slip attachments* that can be mounted using elastic or Velcro.

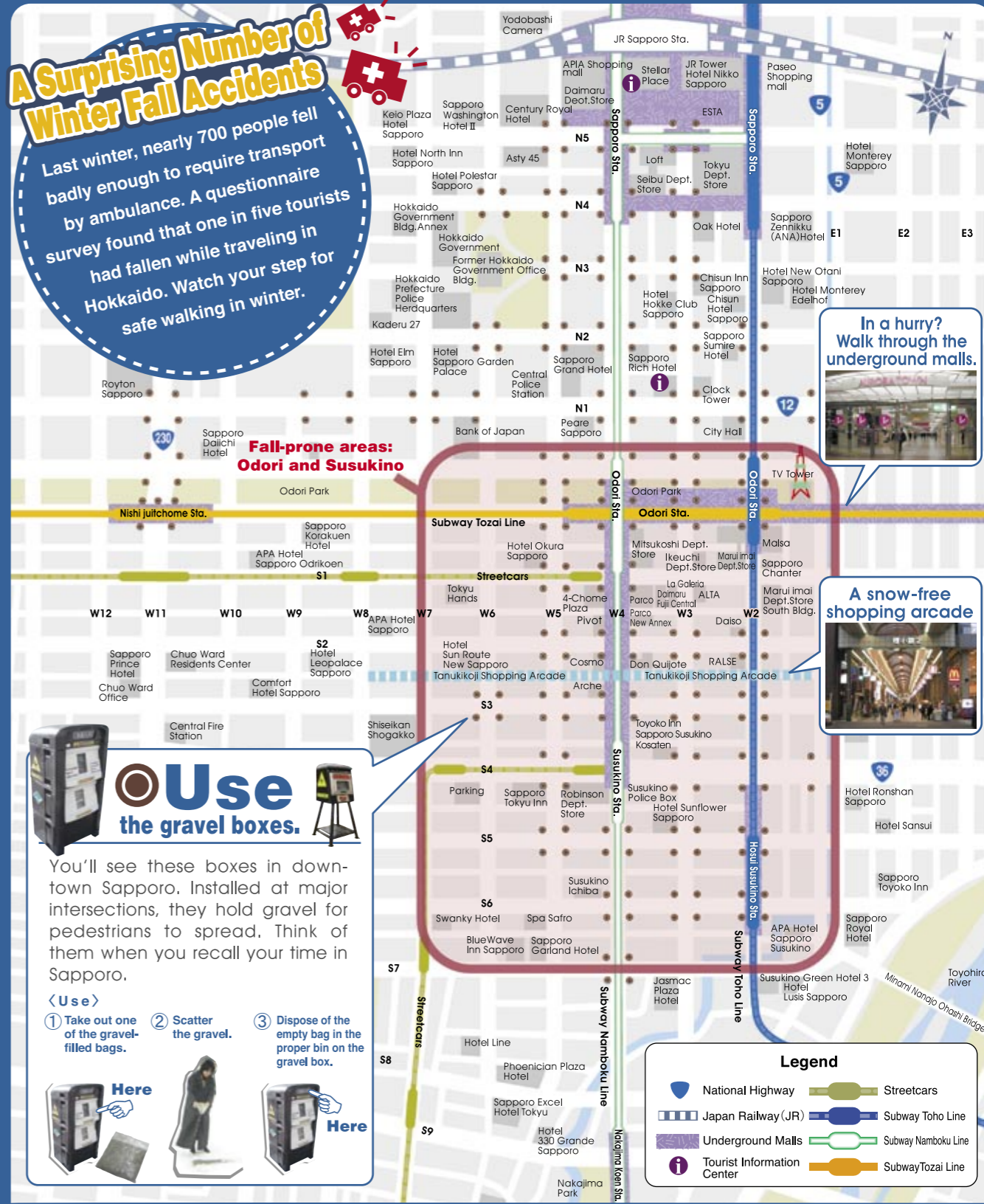
Non-slip attachments that cover only the ball of the foot are recommended for women's shoes, which tend to have a small sole area.

Non-slip attachments that cover the heel and ball of the foot are recommended for men's shoes and sneakers, which tend to have wide, flat soles.



*These are sold at department stores and shoe stores in downtown Sapporo. Non-slip attachments also are available at souvenir shops at New Chitose Airport, newsstands, and convenience stores.

A Surprising Number of Winter Fall Accidents
Last winter, nearly 700 people fell badly enough to require transport by ambulance. A questionnaire survey found that one in five tourists had fallen while traveling in Hokkaido. Watch your step for safe walking in winter.



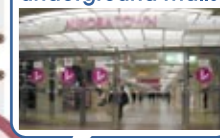
Use the gravel boxes.

You'll see these boxes in downtown Sapporo. Installed at major intersections, they hold gravel for pedestrians to spread. Think of them when you recall your time in Sapporo.

- < Use >**
- Take out one of the gravel-filled bags.
 - Scatter the gravel.
 - Dispose of the empty bag in the proper bin on the gravel box.



In a hurry? Walk through the underground malls.



A snow-free shopping arcade



転ばないおしえます。

For more details on safe walking in winter, visit our website. It includes useful winter tourism tips and snow-related information.

<http://tsurutsuru.jp/>

Visit our website!

