Winter Safety Checklist

Staying Safe in Cold Weather

Tick each box as you go.

Keep Warm

□ I am wearing warm, comfortable clothing
□ I have warm socks and suitable footwear
□ I have an extra layer if I feel cold
□ I have a warm blanket nearby if I need one
□ I am keeping doors and windows closed when it is cold.

Keep your Home Warm

□ My heating is working
□ I have checked that my heating is switched on when needed
□ I can easily reach the controls for my heating
□ I have enough fuel or credit for my heating
□ I have checked that my smoke and carbon monoxide alarms are working

Eat and Drink Regularly

□ Breakfast
□ Lunch
□ Evening meal
□ Healthy snack
□ I have had something to drink today

Remember

✔️ **You may not feel thirsty when it is cold, but drinking regularly is important.**
✔️ **Take extra care when it is icy or slippery.**
✔️ **Keep your home warm if you can.**
✔️ **Check in with someone if you are worried about yourself or someone else.**
✔️ **Ask for help if you feel unwell.**

Going Outside?

□ Check the weather before I leave
□ Wear a warm coat
□ Wear suitable shoes with good grip
□ Take my phone
□ Take any medication I need
□ Tell someone where I am going (if appropriate)
□ Take extra care if it is icy or slippery

Looking after myself

□ I have had enough rest
□ I have eaten something today
□ I am keeping active in ways that feel safe
□ I have everything I need at home

Watch for Signs You May Be Too Cold

Ask for help if you notice:

□ Feeling very cold even after warming up
□ Shivering a lot
□ Feeling very tired or weak
□ Feeling confused or muddled
□ Having difficulty speaking clearly
□ Feeling unusually sleepy

Dementia Direct
At the Carers' Support Service
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