



Clinton County Health Department

133 Margaret Street, Plattsburgh, New York 12901-2926

“Working Together for a Healthier Community”

health.clintoncountyny.gov



Public Health
Prevent. Promote. Protect.

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Media Release

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Slow Down to Prevent Winter Slips & Falls

Plattsburgh, January 5, 2026. The Clinton County Health Department (CCHD) reminds residents to take precautions to avoid a slip and fall injury this winter. Hazards like black ice and compacted snow, that are often hidden on sidewalks, parking lots, and stairs can increase your chance of a slip and fall. Inadequate snow removal or lighting and wet floors near building entrances can also increase the chance of a fall.

“Anyone can fall on a slippery surface, and winter in the North Country comes with plenty of hazards,” explains Mark Lafountain, Emergency Preparedness Coordinator for CCHD. “In the winter you want to slow down and take short steps, with your toes pointed outward like a penguin. Also keep your hands free and out of your pockets to help maintain your balance.”

Other tips to keep your balance and reduce your risk of a fall include:

- Planning your trips in advance.
- Wearing shoes with good traction or consider wearing ice cleats.
- Keeping your driveway and sidewalk clear.
- Staying on cleared sidewalks or paths.
- Paying attention to the surfaces around you.
- Maintaining two points of contact when getting out of your car.
- Dressing warm.

“Cold muscles are tight muscles, and this can affect your balance,” added Mr. Lafountain. “Dress for the weather by wearing layers, with your outmost layer protecting from wind, rain and snow.”

To learn more about staying safe when the temperatures drop, visit
https://health.clintoncountyny.gov/nc_healtheffect/ExtremeCold.pdf.

About the Clinton County Health Department:

The Health Department is an accredited full service department serving the residents of Clinton County. The Health Department’s Mission is to improve and protect the health, well-being and environment of the people of Clinton County. Visit our website at health.clintoncountyny.gov or connect with us on Facebook (@clintonhealth), X (Twitter [@ClintonCountyHD]), and Instagram (clintoncountyhealth).

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