

Words of Winter Wisdom

Tips for staying safe this holiday season

It is important to keep in mind that outdoor activities can be risky, especially winter chores like snow shoveling. Exercise experts estimate that shoveling heavy snow requires as much energy as running 9 miles per hour! In addition, breathing cold air and being out in the cold make the heart work harder.

To prevent injury:

1. Don't shovel snow after smoking, or eating a heavy meal.
2. Dress in layers so clothing can be peeled off as your body warms up. Overheating puts strain on the heart.
3. Wear a scarf over nose and mouth to avoid breather cold air.
4. Wear a hat to retain body heat
5. Pace yourself and take frequent breaks
6. Shovel safely by bending legs slightly at the knee, letting thigh muscles do most of the pushing and lifting work; this will reduce strain on the heart and back. Use a shovel with a small scoop and keep loads light and small.

*hope heart institute

Prepare Your Car for the Winter:

- *Have the radiator system serviced and make sure antifreeze levels are adequate*
- *Replace window-washer fluid with a winter-mixture*
- *Replace worn tires and check the air pressure*
- *Equip your car with these items:*

*Blankets
First aid kit
Windshield scraper
Booster cables
Road maps
Mobile phone
Compass
Tool Kit
Paper Towels
Bag of sand or cat litter
Tow rope
Shovel
Bottled water
Canned or dried food
Flashlight
Extra batteries
Brightly colored cloths*

ONLINE RESOURCES:

www.cdc.gov
www.healthylife.com
www.webmd.com



Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other hard work in the cold. Otherwise, if you have to do heavy out-door chores, dress warmly and work slowly. Remember, your body is already working hard just to stay warm, so don't over do it!