

WINTER IS HERE, STAY SAFE!



DRIVING

- **Winter Tires** – a good option, as they will provide greater traction under snowy or icy conditions
- **Snow Brush/Scraper** – Keep one in your car, along with possible emergency items such as a lightweight shovel, battery jumper cables and a flashlight



SHOVELING

- Choose a shovel that is right for you
- Push the snow, do not lift it; pushing puts strain on the back
- Be sure to warm your muscles before you start shoveling; cold and tight muscles are more likely to get strained
- If you experience any pain, stop immediately

WINTER IS HERE, STAY SAFE!



STAY WARM

- Dress in layers, with a wind resistant outer layer
- Wear hat, mittens or insulated gloves
- Keep your face warm with a scarf, neck tube or facemask
- Wear warm and waterproof footwear
- When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible. Your body's extremities; such as, the ears, nose, fingers and toes lose heat the fastest