



Winter Safety

Tips for avoiding unnecessary problems related to winter weather

- * Use proper footwear and exercise extra caution on surfaces that may be slippery. Slips and falls are the most common causes of injuries during the winter months.
 - * Use snow blowers with caution. They make snow removal easier on the heart, but never put your hands – with or without gloves – into the spout to remove snow.
 - * If you are shoveling, be sure that you are in good cardiovascular condition, and if possible use an ergonomically designed shovel to avoid strain.
 - * Bend from the knees when lifting a shovel full of snow to avoid low back strain that may cause debilitating pain after your sidewalk is cleared.
 - * Take extra time when driving; drive at slower speeds and main good distances from other cars when the road may be slick with snow or ice.
 - * If you are driving any distance, be prepared for possible breakdowns by carrying emergency equipment, including blankets.
 - * When working or playing outdoors in freezing weather, it is possible to develop hypothermia - a dangerous drop in body temperature. Be sure to bundle up.
 - * Wear appropriate protective clothing, including waterproof boots, and good gloves. Frost-bite of fingers or toes is a real possibility even for city dwellers.
 - * When participating in outdoor sports, like ice skating, snow-boarding or skiing, be sure that you are familiar with your environment, and wear properly fitting attire.
- We want you to enjoy the winter months without sustaining injury. However, if you do experience a problem, we are here to help you.
- Medical Staff of the New York Community Hospital**

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