

# Winter Safety Tips

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Winter is here, which means cold temperatures, snow and ice. The one thing that keeps our medics busy this time of year is from injuries from slipping on ice and snow. These winter related injuries can range from small bruises, broken bones or traumatic brain injuries... so it is important that you and your family take these steps to reduce the danger.

- Keep sidewalks and driveways free of snow and ice. Be sure to use sand or ice melt. Anyone can slip or fall on icy and snowy walkways, and seniors are especially vulnerable.
- Wear shoes or boots with good traction. Proper footwear is crucial when shoveling or walking outdoors.
- When walking... take your time, take shorter steps and pay attention.
- Be careful when shoveling snow. The lifting, digging and repetitive motions of shoveling can put significant strain and stress on the body. If shoveling is too strenuous, it might be a good idea to hire someone to do it for you.
- If you are out enjoying the weather in outdoor activities like skiing, snowboarding or sledding... always wear appropriate safety gear such as a helmet, goggles, gloves and snow pants.

Winter in Ohio can be fun.

Just remember to stay safe and take precautions while enjoying it.

Posted 1/25/22