

SAFETY CLIP

BE SMART

when it's time to shovel



Warm up your muscles for 10 minutes with light exercise.



Protect yourself by lifting a smaller amount on a smaller shovel



Take frequent breaks to minimize stress on your heart, and drink plenty of fluids.

EXERCISE

is a great way to beat the Winter Blues.

For your outdoor adventures, protect your extremities to prevent frostbite.



Wear a hat to retain up to 90% of your body heat.



Mittens are warmer than gloves.



Don't forget a scarf and water-resistant boots.

WEAR LAYERS

when you head outside

LAYERS HELP PROTECT YOUR BODY FROM CONDITIONS LIKE HYPOTHERMIA AND FROST BITE.

- Inner layers of wool, silk or polypropylene hold body heat.
- Top off your outfit with a tightly woven, wind-resistant jacket.
- Sweating increases heat loss, so remove extra layers when you're too warm.

