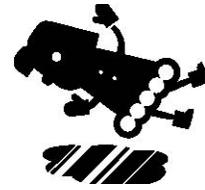




Winter Weather and Your Health



Shoveling snow can be extremely hard work, especially for seniors. You should not shovel snow unless you are in good physical condition.

Know your limits when shoveling snow. Rest frequently and pace yourself. Use a proper snow shovel and lift with your legs, not your back. If you experience chest or arm pain, stop immediately and go indoors.

Overexertion can cause sore muscles, falls on slippery surfaces, and most importantly, heart attacks. Consider asking for help, from someone you know, with clearing the snow and ice off of the sidewalks, stairs and driveway.

Dress properly for the conditions. Wearing layers of clothing will keep your body warmer. Avoid materials such as denim, which can become wet, frozen and heavy very easily. Keep your head covered with a hat to retain as much body heat as possible.

When the wind chill values dip to -15 degrees or colder, limit your time spent outdoors to 30 minutes or less to avoid frostbite or hypothermia - which can be deadly.