

Winter Safety is in your hands!

Talk to your doctor first.

You may have to call in a favor from your friendly neighbor.

The **heart works double time when it's cold outside** which means strenuous activities like shoveling snow can put extra strain on the heart.



Save your lower back and prevent injury:

- Try not to twist your torso when lifting snow
 - Keep your feet hip-width apart
 - Bend your knees and keep your back straight
- Push snow instead of lifting it
 - Shovel small amounts of snow at a time



Simple "Steps" to Stay Safe

It is easy to slip and fall in the winter, especially in icy and snowy conditions

Precautions to Take

Make sure steps and walkways are clear and salt walkways before walking. Be especially careful if there is wet pavements that could be iced over.

Wear boots with non-skid soles – this will prevent slipping.

- Replace rubber tips on canes.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.



Check & Don't Forget!

Seniors tend to lose body heat faster and may have health conditions that make them more susceptible to hypothermia.

Early Signs of Hypothermia

- Puffy or Swollen Face
- Pale Skin
- Cold Feet & Hands
- Shivering
- Signs of Anger or Confusion

Prevention

- Hydration
- Nutrition
- Proper clothing and layering
- Good rest management



Going above and beyond for you!

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