

ST. NICHOLAS HOSPITAL HEALTHSOURCE

Winter Safety Precautions

The winter winds are blowing, and it is time to take some precautions to make this often-fun season, a safe season.

Frostbite is a real hazard during these cold months. Children and the elderly are particularly susceptible to the dangerous nip of Jack Frost. Warm clothing, boots, hats, and gloves can go a long ways towards protecting vulnerable skin. If any of these items get wet, make sure to change them immediately.

Tell your children to stay away from piled snow that is waiting for clearing on streets or sidewalks. Too often, children have been hurt or killed by snow clearing equipment as they innocently play on these tempting mounds.

Remove icicles as they build up on roofs and building sides. People can be hurt when these icy fingers fall.

Sledding or tobogganing is an entertaining way to enjoy the winter's snows. Make sure, however, that the run is far away from roads, and that trees, open water, and other obstacles are not going to get in the way of a good, safe time. Avoid sliding down a crowded slope.

Wear helmets when skiing and playing hockey and other winter sports that can potentially cause life-threatening head injuries. Skating is great fun, but make sure the ice is thick enough to support your weight.

Snowmobiles in particular can be extremely dangerous. Children less than six years of age should never ride as passengers on snowmobiles and only individuals over the age of 16 should drive them. Wear protective helmets and know where you're driving and what hazards might exist along the way. Never drink alcoholic beverages and drive.

Fireplaces can warm the coldest of winter nights, but make sure there is a screen in front of the flames to prevent fires. Only use the fireplace when you are awake and at home. Install a carbon monoxide detector.

With a few precautions, the winter months can be enjoyable—and safe.



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