



WINTER SAFETY TIPS

Keep yourself safe; enjoy the winter weather

Dress for the occasion

- Layer clothing; it preserves body heat and makes it easier to regulate heat in case you are too warm
- A hat, scarf and mittens or gloves are essential
- Protect exposed skin with sunscreen and lip balm.

Put your best foot forward

- Aim for warmth and stability when choosing winter foot wear.
- Your foot wear should be light-weight, well insulated and waterproof; have a thick, non-slip tread sole; and be wide and with a low heel

Venturing outdoors

- Once the snow and ice arrive, make sure your walking surfaces are safe!
- Keep entrance ways & side walks clear of ice and snow
- Carry a small bag of grit, sand or non-clumping cat litter so you can sprinkle it on icy areas.
- Contact SJHC for information about snow removal, transportation, and help buying groceries, etc.