



Winter safety

Walk like a penguin, and other tips

Whether you love playing in the snow, or prefer to stay cozy indoors, one thing's for sure—winter storms and cold temperatures can be hazardous. Here are tips for staying warm and dry, and reducing the risk of slipping on ice.

Bundle up!

When temps drop, it's critical to wear appropriate outdoor clothing to protect against hypothermia (abnormally low body temperature) and frostbite. Staying dry is equally important—wet clothing chills the body quickly.

Several layers of loose-fitting clothing will help you retain heat by trapping air close to your body. Be sure your coat and boots are water-resistant, and opt for mittens rather than gloves.

Prevent slips and falls

- **Walk like a penguin.** When we're walking normally, our legs' ability to support our weight is split mid-stride, putting us at risk of falling. Keep your center of gravity over your front leg and take smaller, shorter steps. You may feel a little silly as you waddle, but try it anyway.
- **Sprinkle cat litter or sand** on icy patches around your home. Or use rock salt or another chemical de-icing compound.
- **Before getting out of your vehicle,** do a safety test: run your foot across the pavement to gauge how slick it is. Stabilize yourself by holding onto your car and take your time getting out, then step down, not out.
- **Wear appropriate footwear,** such as boots with good traction.
- **Don't be distracted when walking.** Keep your cell phone in your pocket!

Finally, be sure to check on family and neighbors, especially older adults and those with health conditions who may be at higher risk during cold weather.



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