

Winter Safety Tips



Drive Safely in the Snow

Driving in the winter means changes in the way you drive. Snow, sleet and ice can lead to hazardous road conditions. Prepare your vehicle for the upcoming winter season.

Avoid Shoveling, Snow blowing Injuries

[Shoveling snow](#) or using a snowblower are among winter's most grueling activities. High levels of activity in cold temperatures put many people at risk of heart attack, especially those that have inactive lifestyles.

Treat Frostbite Immediately

Use first aid to help someone who may have [hypothermia or frostbite](#). Online and classroom courses are available at workplaces.

Prevent Carbon Monoxide Poisoning

Carbon monoxide detectors save lives. Every year, [over 400 people die and 50,000 are treated](#) for carbon monoxide poisoning.

The most common symptoms of carbon monoxide poisoning are often described as “flu-like” – headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion.

Avoid Injuries While Enjoying the Winter Weather

Whether you are [skiing](#), [snowboarding](#), [sledding](#) or skating, take safety precautions like learning basic skills and using the appropriate gear for the sport.