



Winter Safety Shenanigans

As the snow starts to fall, it's time to get ready for some slippery, snowy, and silly winter fun! But before you hit the ice or start a snowball fight, make sure you know how to stay safe and avoid any frosty fiascos.



by Leah Baum

Ice Driving: The Slippery Slope to Disaster

1

Slow Down

Start by significantly reducing your speed when driving on icy roads. Sudden braking and sharp turns can easily cause you to lose control.

2

Increase Distance

Leave extra space between you and the car in front to allow for longer stopping distances.

3

Smooth Steering

Use gentle, smooth steering inputs to navigate turns and avoid overcorrecting, which can lead to a spin-out.



Snowball Standoffs: Avoiding Frozen Feuds

Establish Rules

Set ground rules like no headshots and keeping the snowballs light and fluffy to avoid injuries.

Pick Sides

Divide into teams to make the battle more organized and fair. This prevents any lopsided snowball assaults.

Stay Alert

Keep your head on a swivel and be ready to dodge or duck incoming snowballs. Laughter, not tears, should be the outcome!



The Frosty Fitness Challenge: Cold-Weather Workouts

1

Proper Layering

Dress in breathable, moisture-wicking fabrics to stay warm and dry during outdoor winter workouts.

2

Warm-Up Routine

Spend extra time warming up your muscles to prevent cold-weather injuries like pulled muscles.

3

Fuel and Hydrate

Don't forget to refuel and rehydrate – the cold can mask your body's need for calories and fluids.



Jack Frost's Revenge: Protecting Your Pipes

Insulate Exposed Pipes

Wrap exposed pipes with insulation to prevent them from freezing and bursting.

Let Taps Drip

Keep a light trickle of water running through faucets to keep water flowing and prevent freezing.

Seal Drafts

Caulk and weatherstrip around pipes that enter your home to block cold air from getting in.

Know Your Shutoffs

Locate your main water shutoff valve in case you need to turn off the water quickly.



Shoveling Superstars: The Art of Snow Removal



Use the Right Tools

Invest in a sturdy, ergonomic snow shovel to make the job easier on your back.



Lift Properly

Bend at the knees, not the back, and keep your core engaged when shoveling.



Take Breaks

Don't try to do it all at once – pace yourself and take short rest periods.



Clear Strategically

Start early and clear snow in sections to prevent it from piling up too high.



Winter Wellness: Beating the Seasonal Blues

1

Let the Light In

Open curtains and blinds to maximize natural sunlight exposure, which can boost mood.

2

Stay Active

Engage in regular exercise, even if it's just a brisk walk, to release endorphins.

3

Practice Self-Care

Treat yourself to warm, comforting activities like a hot bath or a cozy movie night.

Frozen Fun: Enjoying the Season Safely

Dress for the Weather

Wear layers, waterproof boots, and gloves to stay warm and dry during outdoor winter activities.

Buddy System

Never venture out alone – bring a friend or family member to watch out for each other.

Know Your Limits

Don't push yourself too hard, and be willing to call it a day if you start to feel cold or tired.