

Winter Safety Tips

Winter is here, as always that means cold weather and lots of snow. It can be very dangerous if you do not stay warm in winter. You can suffer from pneumonia, hyperthermia, a cold, the flu and many other painful ailments. Here are some tips on how to stay safe and warm this winter.

1. Dress in layers. You will stay warm and if you're too warm take layers off. Start with a t-shirt and then wear a hoodie or sweater over it. When you go outside keep both on with a coat and when you come back inside just take off the hoodie or sweater.
2. Wear boots so that your feet stay warm and dry. Cold feet is there worst in winter especially when you need to walk from places to places and you risk frostbite doing so.
3. Don't step in snow unless you're prepared. If you get wet you risk a cold and hyperthermia. Plus getting wet makes your clothes smell and is uncomfortable.
4. If you want to play in the snow, wear ski-pants, a warm coat, mittens and a hat. This will keep you dry and warm.
5. When you shovel don't overdo it or you can risk getting hurt. When you're tired take a break. Many people in the past have had heart attacks and even died from shovelling to hard.

I hope these tips have really helped you have a fun and safe winter.

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