



ORGANIZATIONAL SOLUTIONS INC.  
SOLUTIONS ORGANISATIONNELLES INC.

Disability Management Specialists Spécialistes en gestion des dossiers d'invalidité

Call: 1-866-674-7656  
Email: [info@orgsoln.com](mailto:info@orgsoln.com)  
[www.orgsoln.com](http://www.orgsoln.com)

"The RIGHT care, at the RIGHT time,  
for the RIGHT outcome @."

# TAKE CARE OF YOURSELF THIS WINTER : FACTSHEET



Wear a hat and clothing made of tightly woven fibers, such as wool. A few lighter layers can sometimes protect better than one heavy garment.

**Protect vulnerable areas such as your fingers, toes, ears and nose.**

Drink plenty of warm fluids to help the body maintain its temperature.

**If you are spending a lot of time outdoors take frequent breaks from the cold to let your body warm up.**

## BE CAREFUL SHOVELING SNOW

Back injuries increase during winter, especially from snow shoveling. When shoveling, always wear warm and appropriate clothing and shoes or boots with good traction.

Avoid twisting when shoveling, try to avoid lifting large shovels of snow, take frequent breaks if the activity is prolonged and try to avoid shoveling after a sedentary period, such as longer stretches of sitting or first thing in the morning.

## DRIVE CAREFULLY

During icy and snowy months always reduce your speed and leave almost double the length of stopping distance between you and the car in front. Always allow plenty of time to slow down when approaching an intersection.

If your car does skid don't panic. Don't brake or accelerate, look where you want your vehicle to go and steer in this direction. Be particularly careful when approaching bridges.

## AVOID SLIPS AND FALLS

Always wear good winter shoes or boots with adequate traction for icy weather.

At home and work gritting regularly used walkways and paths can be a good and inexpensive preventative measure.

Make sure footwear is well cleaned from snow and ice when entering a building, especially if the building has tiled or ceramic entrances.

Walk consciously and carefully and try to spot and avoid particularly icy patches on pathways. Frequently tap off snow from your footwear if it becomes packed.

## GET THE FLU SHOT

It is recommended you get this at least once a year as the viruses that cause the flu can frequently change. Most doctors, walk-in clinics, and some pharmacies and public health clinics offer this

## LOOK AFTER YOUR HEALTH



Eat plenty of fruit and vegetables. Try to aim for a wide variety of colours and food groups, Vitamin C is particularly linked to increased health. Boost your Vitamin D. In wintertime shorter days and little sunlight mean decreased levels of this immune boosting vitamin. Foods high in Vitamin D include milk, tuna fish and eggs.

***Exercise at least 2 and a half hours a week.***