

# HEALTHY IS KNOWING WINTER SAFETY TIPS

## SNOW SHOVELING



Overexertion can lead to a heart attack.

**ABOUT 100 AMERICAN CITIZENS DIE**

while shoveling snow every winter.



**TAKE FREQUENT BREAKS & STAY HYDRATED WHILE SHOVELING SNOW.†**

## SLIPS & FALLS

When walking outside in winter,

**TAKE SMALL AND CAREFUL STEPS. HAVE YOUR HANDS READY TO STEADY YOURSELF SHOULD YOU SLIP.**

**1 MILLION AMERICANS**

are injured due to slip and fall injuries annually.\*\*



## CO POISONING

**OVER 400 PEOPLE DIE**

every year from carbon monoxide poisoning.\*

To avoid carbon monoxide poisoning\*:

- **HAVE YOUR HEATING SYSTEM SERVICED EVERY YEAR**
- **HAVE YOUR CHIMNEY CLEANED EVERY YEAR**
- **NEVER USE A GAS OVEN FOR HEAT**
- **NEVER LET A CAR IDLE IN THE GARAGE**

If you find yourself needing care, visit our Urgent Care Center or Emergency Departments:

ECHN's Urgent Care at South Windsor: Mon. - Fri. 8 a.m. - 7:30 p.m. | Sat. & Sun. 8 a.m. - 2 p.m.

ECHN's Emergency Departments at Manchester Memorial Hospital & Rockville General Hospital Open 24/7

SOURCES: \*National Safety Council, [www.nsc.org/home-safety/safety-topics/other-poisons/carbon-monoxide](http://www.nsc.org/home-safety/safety-topics/other-poisons/carbon-monoxide)  
\*\*[www.powerblanket.com/blog/stats-winter-related-injuries/](http://www.powerblanket.com/blog/stats-winter-related-injuries/) † [www.bbc.com/news/blogs-magazine-monitor-30119410](http://www.bbc.com/news/blogs-magazine-monitor-30119410)