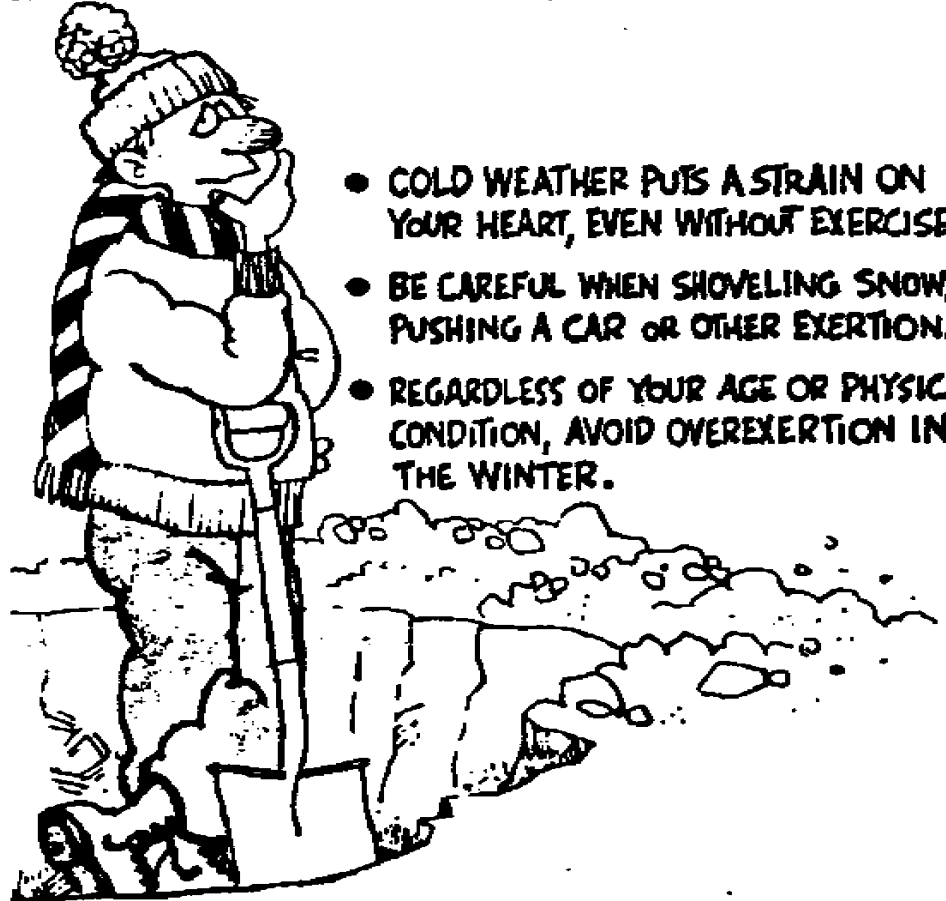




DID YOU KNOW ?



- COLD WEATHER PUTS A STRAIN ON YOUR HEART, EVEN WITHOUT EXERCISE.
- BE CAREFUL WHEN SHOVELING SNOW, PUSHING A CAR OR OTHER EXERTION.
- REGARDLESS OF YOUR AGE OR PHYSICAL CONDITION, AVOID OVEREXERTION IN THE WINTER.

Working in cold weather puts a tremendous strain on the body, even for people in good shape. Take frequent breaks and don't overexert yourself. Make sure you dress properly for the conditions. Wear several layers of lightweight clothing. Air is trapped between the layers to help keep the body warm. Protect the extremities, such as the hands, feet and ears as they are the most susceptible to frostbite. Wear a hat as a large percentage of the body's heat is lost through the top of the head