



Mind: Winter Safety Tips

Body: Dangers of Carbon Monoxide Poisoning

Spirit: Gratitude

Winter Safety Tips



Freshly falling snow and crackling fireplaces. Pastoral winter scenes remind us of cozy restful times and yet they can also present their own unique dangers. When the weather starts to turn cold, it's important to take some extra precautions to keep you and your family safe. Here are some winter safety tips to help you keep the season festive and bright!

Preventative Maintenance

Make sure your smoke and carbon monoxide detectors are working, in good condition and have fresh batteries.

Keep a fire extinguisher in an accessible place. Fire extinguishers come in a variety of sizes and types, so ensure the right type of device has been selected for managing certain kinds of fires.

Have a plan for what to do in case of a power outage

Power outages can be inconvenient, disruptive, and sometimes even dangerous. Knowing what to do

when the power goes out can make it much easier to deal with the situation and stay safe. Plan ahead of time so everyone in the household knows exactly what they should do when a power outage occurs. First, locate your flashlights and candles as soon as possible—this will help provide light if you need to walk around or search for items during the outage. Make sure to unplug any sensitive electronics like computers or televisions. If you have access to an alternate source of electricity like a generator or solar panel system, use it sparingly only for necessities like refrigerating food and charging devices. Lastly, check your local news regularly for updates about the status of the power outage and any recommendations from your city or utility provider.

Stock up on food and water that won't go bad if there's no power or refrigeration

Stocking up on food and clean drinking water should be a top priority. Non-perishable items that require no refrigeration are ideal for long-term storage during periods of extended power outages or other disasters, as these products won't go bad without consistent refrigeration or freezing temperatures. These items can range from canned fruits and vegetables to nut mixes, cereals, crackers, dried beans, grains, and meat substitutes such as tofu. The best options are meals that require only minimal cooking time since traditional ovens and stoves cannot be used during power outages. Meanwhile,

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having several gallons of clean drinking water is essential to avoid dehydration and maintain hydration levels if fresh sources are compromised.

Dress warmly when going outside - even if you don't feel cold, you can still get frostbite or hypothermia

Though you may not feel cold when you step outside, that does not mean you won't be affected by the cold temperature and winter breeze. Despite what your instincts may tell you, it's important to remember that should you stay out too long without appropriate attire, you may risk developing both frostbite and hypothermia. Frostbite occurs when your skin has been exposed to extremely cold temperatures; it manifests as grey or white patches of skin that are numb and stiff. Hypothermia happens more slowly as your body's core temperature falls below 35 degrees Celsius/95 degrees Fahrenheit. Symptoms of hypothermia can include confusion, drowsiness, shallow breathing and a weak heartbeat. To stay safe throughout the winter season, wear multiple layers of warm clothing with an outer wind-resistant layer – even if temperatures seem mild!

While it's important to be prepared for emergencies, it's also important not to worry unnecessarily. Take some time to make sure your home is as safe as possible and then relax knowing that you're ready for whatever comes your way. Stay warm!

Rhonda Latreille, MBA, CPCA
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Dangers of Carbon Monoxide Poisoning

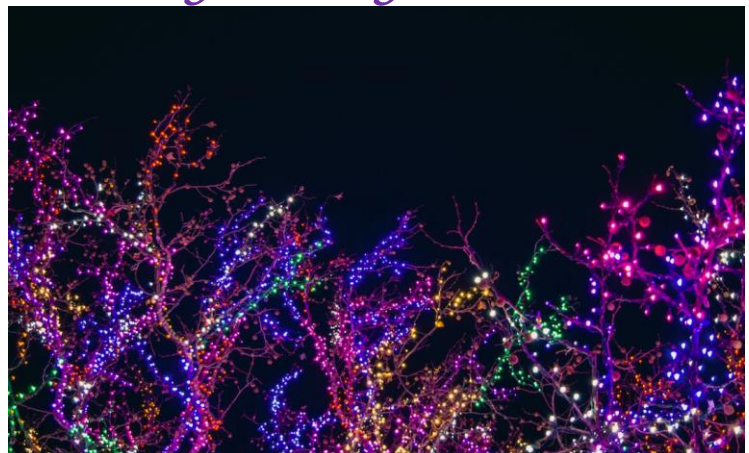
Carbon monoxide is an odourless, colourless gas that can be lethal when inhaled in high concentrations. In fact, carbon monoxide poisoning kills as many as 430 Americans each year, sends 20,000 people to emergency rooms, with over 4,000 individuals requiring hospitalization for treatment. Ensuring your carbon monoxide detector is up-to-date and operational should always be part of your safety routine.

Gratitude

“When we maintain a conscious connection with Gratitude, our presence will naturally radiate a certain beauty and undisturbed, inner tranquillity. Such individuals glow. All such individuals look beautiful and seem irresistible to those who value goodness. They have an attractor field of loveliness which, likewise, tends to bring out the beauty in other people.”

Donna Goddard

*Happy Holidays from All of Us at
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