WALK LIKE A PENGUIN

With the winter months upon us, it is a good time to start thinking about and preparing for the hazards associated with these cold months. Common hazards associated with winter include extreme cold and slips, trips and falls.

Decorate Safely

When decorating follow these tips from the U.S. Consumer Product Safety Commission:

- If using an artificial tree, check that it is labeled “fire resistant”
- Place your tree at least 3 feet away from fireplaces, radiators and other heat sources, making certain not to block doorways
- Only use indoor lights indoors and outdoor lights outdoors, and choose the right ladder for the task when hanging lights
- Replace light sets that have broken or cracked sockets, frayed or bare wires, or loose connections
- Never nail, tack or stress wiring when hanging lights and keep plugs off the ground away from puddles and snow
- Turn off all lights and decorations when you go to bed or leave the house

Frostbite

Frostbite is caused by the freezing of the skin and tissues. Frostbite can cause permanent damage to the body, and in severe cases can lead to amputation.

Symptoms of frostbite include:

- Reddened skin develops gray/white patches in the fingers, toes, nose, or ear lobes.
- Tingling, aching, a loss of feeling, firm/hard, and blisters may occur in the affected areas.

Please take a few moments to familiarize yourself with the information and resources found at https://safety.cals.wisc.edu/