

# Safety Tip of the Week

## Cold Weather Safety Tips for Seniors

**AFRH**

Safety Office reminds you that safety is priority #1. Following the included recommendations will help keep you safe this winter.

- Older people are more susceptible to getting frostbite and hyperthermia (a drop in body temperature) and this can cause illness.
- Stay inside as much as possible. If you have to go out cover all exposed areas.
- Wear warm footwear and dress in layers. Wear a hat and gloves, cover your mouth to avoid getting cold air in your lungs.
- If you are using a space heater keep it at least 3 feet away from anything that can burn i.e. furniture, drapes, clothing etc.
- Understand your prescription drugs. Be aware that some medicines make people more susceptible to the cold. Ask your doctor if you should be taking extra precautions.
- Keep a list of emergency phone numbers next to your phone or saved in your contact list of your cell phone.
- Call your friends and check on them and have a friend or loved one check on you.



*Baby, It's Cold Outside!*

