

Hot tips to stay safe this winter

Did you know that:

- In 2008, there were more than 2,000 on-the-job injuries to Canada Post personnel as a result of slips, trips and falls.

- Even when the temperature outside is above freezing, areas in the shade or shadows can be covered by a layer of slippery ice.

- Homeowners and business owners can help to improve safety during the winter by clearing access areas after each snowfall. Monitor the weather and be prepared to take action to eliminate slippery conditions on your property.

- All areas prone to ice buildup around your residence or business should be cleared and covered with anti-slip material, such as sand, salt or a de-icer, on a regular basis.

- Shovelling is a strenuous activity that if done without proper preparation can lead to injuries. Be sure to warm up first. Stretch and flex your muscles and get the blood flowing before you start shoveling.

- You should use a lightweight shovel with a blade that is not too large. If the blade is too big, the load of snow per shovel full will be too heavy, causing a stress on your back and heart. The grip of the shovel should be long enough so you do not have to stoop to shovel.

- You should set a reasonable pace



when shoveling and try to push the snow rather than throw it. If you have to throw the snow, take only as much as you can easily lift, and turn your feet in the direction you are tossing the snow. Never twist at the waist to throw a load, and never throw snow over your shoulder.

Fun contest promotes winter safety message

As part of its public-awareness campaign to improve winter safety, Canada Post invites you to participate in the "Clear the Way & Win" contest for a chance to win a grand prize of \$5,000 or one of 100 instant prizes in Canadian Tire gift cards. To enter, visit canadapost.ca/cleartheway. When you clear the way, everyone wins.

—www.newscanada.com

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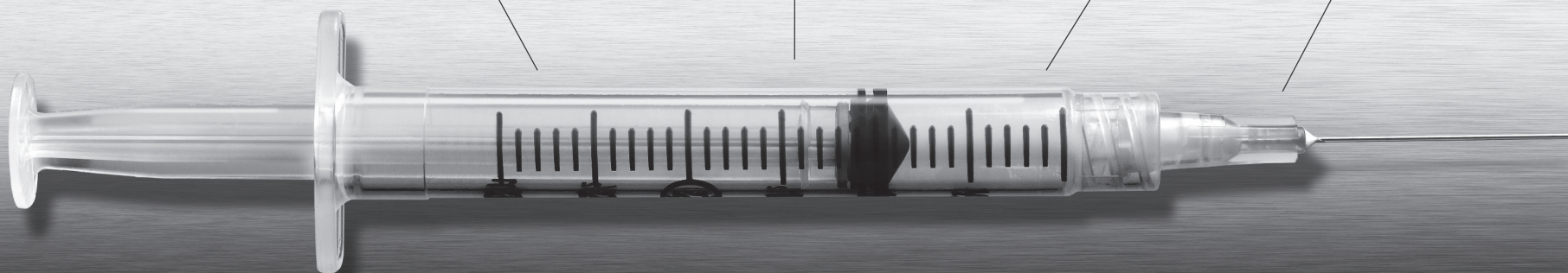
• At least 1 in 3 people could still get H1N1.

• Half of those in hospital with H1N1 have been under 24 years old.

• Flu season continues until April.

• 1 in 5 people hospitalized with H1N1 have ended up in intensive care and/or on ventilators.

• More people have been sick this year from the flu compared to the past 5 flu seasons.



You call the shot.

Only you can make the decision to get the H1N1 flu shot. Shots are available at health care provider offices, workplace clinics and many other locations. Visit: ontario.ca/flu

