

HSE ALERT # 193

Keeping Yourself Warm

Falling temperatures and fewer daylight hours don't mean that your outdoor running routine has to go into hibernation for the winter. Running through the cold weather can help shake those winter blues, improve your energy level, and guarantee that you'll be in better shape once bathing suit season rolls around.



Follow these tips for cold weather running:

- On really cold days, make sure you monitor your
 - Fingers,
 - Toes,
 - Ears, and
 - Nose.



If you notice a patch of hard, pale, cold skin, you may have frostbite. Get out of the cold immediately and slowly warm the affected area. If numbness continues, seek emergency care.

- Protect Your Chest, Hands, Head and Feet.
 - Dress in Layers - Start with a thin layer of synthetic material.
 - Wearing a hat will help prevent heat loss, so your circulatory system will have more heat to distribute to the rest of the body.
- Cold air can trigger chest pain or asthma attacks in some people.
 - Talk to your doctor if you have any medical conditions or concerns about exercising outdoors.
 - Monitor the temperature of your home. Infants and persons over age 65 are especially susceptible to cold.



Safety Tips for Winter: Winter presents many safety challenges both indoors and out. Be prepared, Stay safe and warm this season.