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# Home Matters

## Safety Steps for Shoveling Snow

Winter often comes with an inevitable need to clear snow and ice from sidewalks, driveways and other areas of your property. While this may seem like a routine task, homeowners would be remiss if they didn't consider the possible health and safety risks involved.

Stay safe while removing ice and snow with the following tips:

- **Dress appropriately.** Wear water-resistant clothing, including a warm coat, hat, gloves and nonslip boots. In extremely cold temperatures, opt for mittens over gloves.
- **Stretch and warm up.** Snow and ice removal can be strenuous. Take time to stretch and warm up your muscles to limit the chance of muscle strains and other injuries.
- **Limit exposure.** Take regular breaks in a warm area to rest and rehydrate.
- **Reduce lifting risk.** Lift snow with your legs as opposed to your back. When possible, push snow rather than lifting it.
- **Be prompt.** Try to start the removal process before snow has had a chance to settle or melt, potentially becoming heavier and more difficult to move.

For more winter-related health and home safety resources, contact us today.

## 6 Winter Home Maintenance Tips

Preparing your home for winter conditions is important. Consider the following tips:

1. Have your roof inspected for cracks, loose shingles or other issues.
2. Clear downspouts and gutters to prevent ice dams.
3. Limit the risk of frozen pipes by shutting down the water supply to outdoor faucets and insulating those inside.
4. Stop drafts by sealing any cracks in walls and caulking around doors and windows.
5. Have your chimney and fireplace inspected.
6. Place mats and boot trays near entrances to limit slippery floors.

Contact us for more information.