

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## Get outside—safely—this winter

Getting outside—even in the winter—is a great way to get fresh air and boost your mood naturally.

When taking part in winter activities, ensure you're taking appropriate safety precautions. Tobogganing can be dangerous and should be done carefully. If you're planning to go tobogganing, here are a few tips on how to stay safe:

- Always inspect your toboggan to ensure it's safe for use.
- Wear a ski helmet. Head injuries can be serious. A ski helmet designed for use in cold weather and high speeds is recommended.
- Dress warmly in layers to avoid cold-related injuries like frostbite or hypothermia. Afterwards, remove wet clothes quickly to prevent frostbite.
- Look out for others while on the hill.
- Move out of the way quickly after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult and never toboggan alone or at night.

For more tobogganing safety tips, go to:

<https://myhealth.alberta.ca/Alberta/Pages/sledding-and-snow-safety.aspx>