

From Queen's Park by Sylvia Jones MPP ? Be sure to put safety first now that the winter weather is here

The leaves have fallen and the temperatures are dropping ? winter is here.

This means it's time to prepare for the winter season and the colder weather and snow that goes along with it.

Every year, when the seasons change, it's important to stay safe during the winter months.

Always remember to dress appropriately. Both adults and children must wear proper clothing that will help insulate the body's heat. No more t-shirts and shorts, it's time for jackets, sweaters, pants, toques and gloves and even a pair of long-johns if you need them, to keep you warm.

For drivers, it is important to prepare for the winter weather. Black ice, piles of snow and even getting caught in the middle of a blizzard are potential hazards when driving during the winter season. One tip for preparing for driving in winter weather is to have an emergency kit in your car. This kit should include things like a small shovel, blanket, a flashlight, non-perishable food and water. Winter tires allow for better control of your car during bad weather conditions, and are definitely a good idea. It is recommended that you install winter tires once the temperature is consistently below seven degrees Celsius.

Always remember that the winter season can be full of joy like playing in the snow or skating, but it's important to prepare for the cold weather as our bodies need the extra help to stay warm.

Please stay safe and have a wonderful holiday season

