

Sterling Services Inc.

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It appears Mother Nature will be helping us get into the Holiday spirit with some low temperatures and/or snow.

Although regional weather forecasts are not completely certain, the impending winter reminds us preparation is the key to safety. Please remember the following tips:

Walking:

- Walk slowly and deliberately to minimize the potential for slips.
- Use hand rails when walking on stairs.
- Wear appropriate footwear for the weather conditions.
- Avoid carrying objects if possible, so that you can better maintain balance.

Driving:

- Make sure that all snow is removed from your vehicle to maximize visibility if you park outside.
- Keep an extra pair of winter gloves, warm boots and a blanket in your car, as well as a fully charged cell phone battery.
- Drive slowly and carefully, in your driveway and on the main roads.
- Drive slowly and cautiously on the highways, giving yourself extra time for your commute.

Inside your home:

- Keep the heat on inside your home at all times.
- Blow out candles before going to bed.
- Have two flash lights with fresh batteries on hand.
- Report frozen pipes immediately.

