



HALDIMAND-NORFOLK HEALTH UNIT

WORKPLACE HEALTH

Winter Car Safety

The winter season brings along weather conditions that can make driving difficult and dangerous, not to mention the risk of being stuck in your car during a snowstorm! To stay safe when driving this winter, follow these tips.

Use extra caution during these winter conditions:

- **Blizzards:** These combine falling, blowing and drifting snow; winds of 40 km/h or more, and temperatures below -10°C. They can last from a few hours to several days.
- **Heavy snowfall:** Snowfall of at least 10 centimetres in 12 hours, or at least 15 centimetres in 24 hours.
- **Freezing rain or drizzle:** Can lead to ice storms, with ice covering roads, trees, power lines, etc.
- **Cold snap:** When temperatures fall rapidly over a very short period of time, causing very icy conditions.

Prepare an emergency car kit. A basic kit should contain:

- Non-perishable good such as energy bars; water in bottles that won't break
- Blanket
- Extra clothing and shoes or boots
- First aid kit with seatbelt cutter
- Small shovel, scraper and snowbrush
- Candle in a deep can and matches
- Wind up flashlight
- Whistle—in case you need to attract attention
- Roadmaps

Items to keep in your trunk:

- Sand, salt or cat litter (non-clumping)
- Antifreeze and windshield washer fluid
- Tow rope
- Jumper cables
- Warning light or road flares

If you are stuck in the snow, stay in your car. Try to only have your engine on for

10 minutes at a time. Move your hands, feet and arms to maintain circulation and keep yourself awake. Be aware of carbon monoxide poisoning and make sure the exhaust pipe is not covered by snow. Make your car visible by turning on warning lights or setting up road flares to make your car.

Remember, the best offense is a good defense. Get your vehicle ready for winter by getting four matching winter tires, and following the tips above. Always plan your trip, check road and weather conditions, and give yourself extra travel time in bad weather.

To learn more about road safety and winter driving, visit the Ministry of Transportation to view their series on winter driving: <http://www.mto.gov.on.ca/english/safety/winterdrive/winterdrive.shtml>.



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It's almost time for new resolutions. Why not make a resolution that benefits both you and everyone around you? Quitting smoking is one of the most healthiest decisions you can make..

As soon as a smoker quits smoking, the risk of heart disease and stroke lowers*

- **20 minutes after quitting:** Your heart rate and blood pressure drop.
- **12 hours after quitting:** The carbon monoxide level in your blood drops to normal.
- **2 weeks to 3 months after quitting:** Your circulation and lung function improves.
- **1 to 9 months after quitting:** Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- **1 year after quitting:** The risk of coronary heart disease is half that of a smoker.
- **5 years after quitting:** Risk of oral, throat, esophageal and bladder cancer are cut in half. Cervical cancer and stroke risk can fall to that of a non-smoker.
- **10 years after quitting:** The risk of dying from lung cancer is half that of a smoker. The risk of cancer of the larynx (voice box) and pancreas decreases.
- **15 years after quitting:** The risk of coronary heart disease is that of a non-smoker's.

(Health Canada, 2005).

For more information, please contact the Haldimand Norfolk Health Unit.

STOP Clinics

The Haldimand-Norfolk Health Unit would like to partner with workplaces to bring STOP (Smoking Treatment for Ontario Patients) clinics to their employees. After attending an information session and talking one-on-one with a public health nurse, participants will receive a 5-week supply of Nicotine Replacement Therapy (NRT) patches free of charge. The clinics are funded by the Centre for Addiction and Mental Health (CAMH) in Toronto. This is a low cost way to support employees interested in quitting smoking.

Please feel free to contact me with any questions, or if you would like to bring STOP clinics to your workplace and start the year off on a healthy note!

Upcoming Events

January

- Alzheimer Awareness month
- Jan. 18-24 – National Non-Smoking Week
- Jan. 27 – Family Literacy Day

February

- Heart Health month
- Feb. 4 – World Cancer Day
- Feb. 14 – Sexual Health and Reproductive Health Awareness Day

WINTER exercise tip

If getting fit is one of your New Years' resolutions or you're just continuing to stay fit this winter, keep these tips in mind:

- Warm-up and stretching is especially important at any time during the colder months, as the body's temperature is generally a little lower and the joints take a little bit longer to warm up properly.
- Drink plenty of water. Many people forget the importance of water during the colder months.
- Whenever exercise is stopped or paused for any longer than a couple of minutes, take off any wet clothes as soon as possible and put on a jacket and tracksuit pants to avoid getting a chill.

Shovelling snow, going for hikes, building a snowman and going tobogganing are all free, easy winter activities that will add some variety, get your heart rate up and body sweating!

Mayo Foundation for Medical Education and Research, 2010.

Ontario Workplace HEALTH COALITION MODEL

Looking to get a fresh start on workplace health projects in the New Year? The Haldimand-Norfolk Health Unit is adopting the updated Ontario Workplace Health Coalition (OWHC) model, released in 2013.



The model suggests that a healthy workplace has four key elements: occupational health and safety; health and lifestyle practices; organizational culture; and organizational social responsibility. These are achieved through education and awareness, skill building, and supportive environments.

There are four steps to implementation: Plan, Do, Check, Act. The model works cyclically, returning to the Plan step when starting a new initiative, or to change an initiative based on results and feedback.

To learn more about this model, and to see how you can apply it to your workplace, contact Leia Bulosan at the Haldimand-Norfolk Health Unit by phone (905-318-5367 ext. 316) or by email (leia.bulosan@hnhu.org).



Mocktail recipe Sleigh driver

This delicious nonalcoholic punch adds fruits and vanilla to the traditional hot cider. This recipe is for 10 servings, about 1 cup each.

Ingredients

- 1 cup water
- 1/2 cup sugar
- 1 2-inch piece fresh ginger, peeled and sliced
- 3 pears, chopped into bite-size pieces, divided
- 2 quarts apple cider
- 1 lemon, halved and sliced
- 1 tablespoon ground allspice
- 1 cup fresh cranberries
- 2 tablespoons vanilla extract

Instructions

1. Combine water, sugar, ginger and 1 pear in a large saucepan. Bring to a boil over medium-high heat, stirring occasionally. Strain out the solids and return the mixture to the pan.
2. Add the remaining pears, cider, lemon and allspice, and heat over medium-high heat stirring often, for 15 minutes.
3. Add cranberries and vanilla and reduce the heat to medium-low (the liquid should be simmering, not boiling). Let simmer for 10 minutes more. Serve in heat-safe mugs.

A hearty, healthy winter recipe...

Skillet Gnocchi with Chard & White Beans

Ingredients

- 1 tbsp + 1 tsp extra-virgin olive oil, divided
- 1 16-ounce pkg shelf-stable gnocchi
- 1 medium yellow onion, thinly sliced
- 4 cloves garlic, minced
- 1/2 cup water
- 6 cups chopped chard leaves, (about 1 small bunch) or spinach
- 1 15-ounce can diced tomatoes with Italian seasonings
- 1 15-ounce can white beans, rinsed
- 1/4 tsp freshly ground pepper
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup finely shredded Parmesan cheese

Directions

1. Heat 1 tbsp oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.
2. Add the remaining 1 tsp oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes. Serve with a mixed green salad with vinaigrette.

Makes 6 servings.



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