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*Snow Maintenance
Carbon Monoxide*



A Monthly Insight into the Current Topics – NOVEMBER 2018

CDME



current topics >>>

Coaldale Snow Angels!

The Town of Coaldale offers a unique program to assist those who may not be able to physically shovel snow.

If you require assistance with snow removal

OR if you would like to volunteer to be a

'Snow Angel' please email:

community@coaldale.ca

Or call (403)345-1323

For more information go to

www.coaldale.ca



Winter is upon us! **Time to dust off those shovels!**

Now that November is upon us, the snow is creeping in! What does this mean for you?

As Winter 2018 begins, CDME Officers would like to take a moment to remind residents of the Snow removal requirements.

In Coaldale, as per the Community Standards Bylaw 741-R-06-18 Section 212, Residents are given 24 hours after the snowfall has stopped to ensure that their sidewalks are clear of snow and ice. Peace Officers patrol the Town, checking to make sure that Sidewalks are clear from ice and snow accumulation. Pedestrian safety is paramount and there is nothing worse than slipping, tripping and/or falling on a sidewalk that was not maintained. It is important for residents to remember that shoveling the snow on to the roadway is not permitted. Doing this may cause additional damage to the road during the spring thaw. CDME Officers will also be educating residents as they see this happen.

Ensure proper technique is being used to prevent back injury!

Please take note of the Snow removal route within the Town. If you reside along this route, during heavy snow falls, this route can remain active for 72 hours! Once the snow route has been activated, residents are encouraged to find alternate parking locations until deactivation has been announced. Why do we activate snow routes? Snow routes, also known as priority routes, have been determined as the routes that are heavily traveled within the Town. These routes are priority for snow removal. CDME Officers attempt to make contact with the vehicle owners who are parked along this route, in order to ensure compliance has been met.

Snow shovel techniques!



Avoiding lower back pain!

Snow shoveling is one of the more common causes of back injuries during the winter months. This type of injury is preventable however.

Pick the right snow shovel! A shovel with a curved handle or an adjustable handle length will minimize painful bending, requiring you to bend your knees only slightly and arch your back very slightly while keeping the shovel blade on the ground.

Warm up! Get your blood moving with a brisk walk, stretching, etc, before doing strenuous work such as shoveling! Your muscles and back will thank you!

Always face towards the object you intend to lift - have your shoulders and hips both squarely facing it.

Bend at the hips, not the low back, and push the chest out, pointing forward. Then, bend your knees and lift with your leg muscles, keeping your back straight.

Keep your loads light and do not lift an object that is too heavy for you!



If you must lift a shovel full, grip the shovel with one hand as close to the blade as comfortably possible and the other hand on the handle (handle and arm length will vary the technique).

Avoid twisting the back to move the snow to its new location - always pivot your whole body to face the new direction.

Keep the heaviest part of the object close to your body at your center of gravity - do not extend your arms to throw the snow.

Walk to the new location to deposit the item rather than reaching or tossing.

CO >>>



Carbon Monoxide Safety!



What do you do if.....

The detector is beeping?

If no one is showing signs or symptoms of CO poisoning follow these directions:

- 1)Open all windows to get air ventilation
- 2)Turn off any appliances such as your gas fired furnace
- 3)After the home has been ventilated, reset the CO detectors
- 4)If the alarm sounds a second time, vent the home and call your local Fire Department.

Carbon Monoxide is a colorless, odorless and tasteless gas that is toxic in an enclosed space!

Household appliances such as, gas fire, boilers, central heating systems, water heaters, cookers, and open fires which use gas, oil, coal and wood may be possible sources of CO gas. This happens when the fuel doesn't fully burn.

Signs of CO exposure can include:

- headache and dizziness
- fatigue and weakness
- watering and burning eyes
- Nausea and vomiting
- Loss of muscle control



final thoughts...

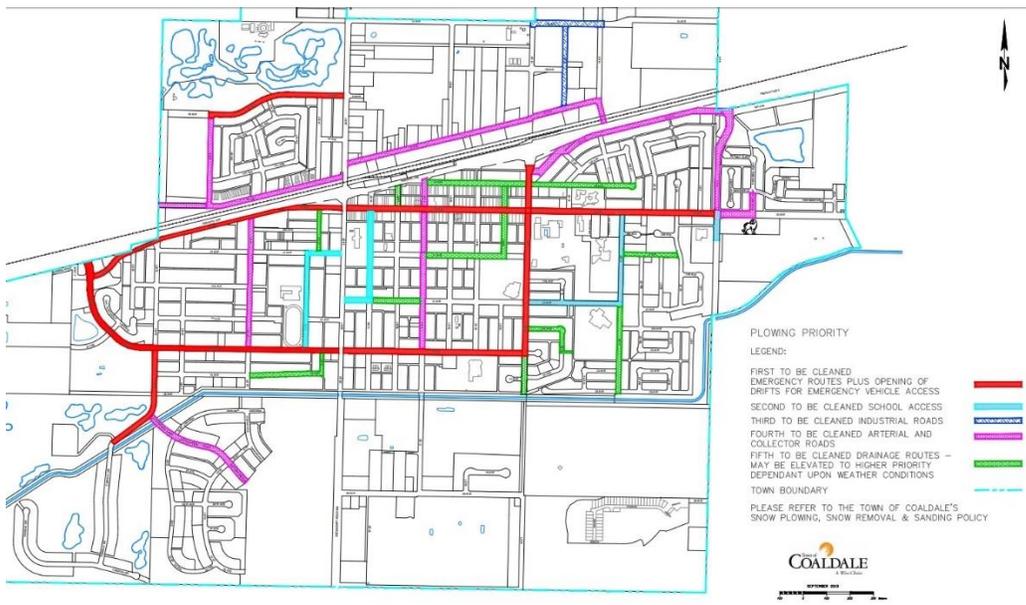


With the colder months upon us, it is important to remember that outdoor cats look for warm places to sleep. One of these places is under the hood of a car, in the engine compartment.

Many cats end up losing their lives each year due to this. You can help ensure a cat is not under your hood by slapping the hood a couple of times before starting the engine. This will hopefully scare the cat out from the engine compartment and prevent any injuries to the cat(s).

Below, you can see the Town Plowing priority routes. A bigger copy of this map can be found on the Town's website.

Please ensure you are familiar with the where the Snow Routes are and the procedure once the routes have been activated.



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1.844.645.2635

<http://www.coaldale.ca/services/emergency-services/coaldale-district-municipal-enforcement/>



You can find us on Facebook as: Coaldale & District Municipal Enforcement