



# Weekly Safety Tip

## Before-During-After a Winter Storm



### Before-During-After a Winter Storm





## BEFORE A STORM

Anti-icing is spraying a liquid salt solution on the roadway to keep snow and ice from bonding to the pavement.

Anti-icing is similar to spraying oil in a frying pan to keep food from sticking. The salt solution prevents snow and ice from sticking to the pavement. This makes it easier to scrape off compacted snow and ice.

## DURING & AFTER A STORM

**De-icing** chemicals break the bond between the pavement and ice once it has already formed. The chemicals improve the ability for snowplows to clear compacted ice and snow from the roadways. Road salt (sodium chloride) is most effective above 15 degrees. In very low temps, magnesium and calcium chlorides are used (-10 and -20 degrees).

**Pre-wetting** is a technique that involves treating de-icing salt with salt brine to jump-start the melting process. Pre-wetting also helps salt stick to the pavement. Sugar beet juice or corn syrup are sometimes used for pre-wetting as a corrosion inhibitor and to help the material stay on the road.

## NEVER ASSUME A PLOW DRIVER CAN SEE YOU



Plow driver blind spots

## STAY AT LEAST 10 CAR LENGTHS BACK



Dave Varwig, CSP-retired for SCNWO – Safety Council of Northwest Ohio

## Weekly Safety Share



### Physical Health for Brain Health



## A WELL-BEING MOMENT

Dave Varwig  
for SCNWO



### Physical Exercise for Brain Health



**Physical exercise is not only important for your body's health - it also helps your brain stay sharp**

We all know exercising is good for the body. But did you know you might also get a brain boost when you don your sneakers and hit the gym? The benefits of physical exercise, especially aerobic exercise, have positive effects on brain function on multiple fronts, ranging from the molecular to behavioral level.

According to a study by Department of Exercise Science at the University of Georgia:  
exercising for just 20 minutes facilitates information processing & memory functions.

Exercise affects the brain on multiple fronts. It increases heart rate, which pumps more oxygen to the brain. It also aids the bodily release of a plethora of hormones, all of which participate in aiding and providing a nourishing environment for the growth of brain cells.

Exercise stimulates the brain plasticity by stimulating growth of new connections between cells in a wide array of important cortical areas of the brain.

Recent research from UCLA demonstrated that exercise increased growth factors in the brain—making it easier for the brain to grow new neuronal connections.

From a behavioral perspective, the same antidepressant-like effects associated with “runner's high” found in humans is associated with a drop in stress hormones.

A study from Stockholm showed that the antidepressant effect of running was also associated with more cell growth in the hippocampus, an area of the brain responsible for learning and memory.

#### Tips for Choosing the Right Physical Exercise

- In general, anything that is good for your heart is great for your brain.
- Aerobic exercise is great for body and brain: not only does it improve brain function, but it also acts as a “first aid kit” on damaged brain cells.
- Exercising in the morning before going to work not only spikes brain activity and prepares you for mental stresses for the rest of the day, but also produces increases retention of new information, and better reaction to complex situations.
- When looking to change up your work out, look for an activity that incorporates coordination along with cardiovascular exercise, such as a dance class.
- If you like crunching time at the gym alone, opt for circuit work outs, which both quickly spike your heart rate, but also constantly redirect your attention.
- Hitting a wall or mentally exhausted? Try rebooting with jumping jacks for brain improvement exercises.

Source:



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