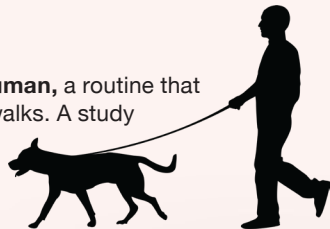


SAFETY CORNER

Dog Walking Hazards

Walking your dog daily can provide health benefits for canine and human, a routine that is increasing in popularity. But take some practical safety steps on your walks. A study reported online in April 2023 by Medicine & Science in Sports & Exercise ties walking to a sharp rise in injuries among people holding the leash of a frisky, fun-loving pup.



Take Precautions:

- ❖ **Talk to your pet's vet.** Not all dogs are up for long walks. Ask your vet when it's time to start walking your puppy; whether your senior dog can still keep up with a workout; or if there are health conditions that might make regular walking risky for your pooch or you.
- ❖ **Consider a dog harness.** It may be a smart option for walking dogs that tend to pull as it can help reduce pressure on their throats. Find the right fit for your dog.
- ❖ **Consider weather.** Winter safeguards can include booties for pet paws. On warm summer days dogs can overheat and feel heat exhaustion or heat stroke, so be watchful.
- ❖ **Be aware of nearby surroundings,** especially in busy areas that might inspire your leashed pooch to take off running. Stay in control. And enjoy.