



Safety Awareness



Winter Weather Safety Tips

- 1) Dressing for cold weather:
 - Wear several layers of loose fitting, lightweight clothing.
 - Wear mittens instead of gloves. Wear a hat.
 - Remember that entrapped, insulating air, warmed by body heat is the best protection from the cold.
- 2) Avoid Overexertion:
 - The strain from cold temperatures and heavy labor such as shoveling, pushing a car or walking in deep snow may cause a heart attack in older and less physically fit individuals.
- 3) Winterize Your Vehicle:
 - Avoid gas line freeze ups by keeping your tank greater than half full at all times.
 - Make sure that your car has adequate antifreeze.
 - Make sure that your tires have good traction and are inflated to the right pressure.
 - Make sure that your heater and defroster work properly.
 - Make sure that your battery is not more than 3 years old and that it can carry a full charge.
 - Make sure that you have a good ice scraper.
- 4) Carry a Winter-Survival Safety Kit in your vehicle:
 - Bring along blankets and a bright piece of cloth to tie on your antenna if you become stranded.
 - Flashlight with spare batteries.
 - Extra change of clothing to keep dry.
 - Non-perishable foods such as candy bars, cereal bars or a jar of peanut butter and some crackers. Carrying some water also is recommended; easy-to-open canned fruit or vegetable juices also quench thirst and help keep the body hydrated.
 - A can and waterproof matches (for warmth or to melt snow for drinking water).
 - A compass, shovel and sand, tow rope and jumper cables.
- 5) Before traveling:
 - Check the latest weather forecast.
 - Check the latest road conditions before your head out into Winter Weather.
 - Let someone know where you are going and when you think you will reach your destination.
- 6) If you become stranded in your vehicle during a Winter Storm:
 - Stay in/with your vehicle.
 - Run the engine at 10-minute intervals for heat.
 - Maintain proper ventilation by making sure the exhaust pipe is not plugged.
 - Leave the windows open slightly to avoid carbon monoxide poisoning.
 - Make yourself visible to rescuers. Tie a bright cloth to your antenna or door handle.
 - Turn on the dome light at night, but only when running the engine.