

WINTER SAFETY

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.

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.

Winterize Your Vehicle Early:

- ◆Avoid automobile 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.

Carry a Winter-Survival Safety Kit in your vehicle:

- ◆Bring along blankets
- ◆Flashlight with spare batteries.
- ◆Extra change of clothing to keep dry.
- ◆Non-perishable foods such as candy bars, canned goods, or high calorie food like Power Bars.
- ◆A can and waterproof matches (used to melt snow for drinking water).
- ◆A compass, shovel and sand, tow rope, and jumper cables.

Before traveling:

- ◆Check the latest forecast.
- ◆Check the latest road conditions before you head out into Winter weather.
- ◆Let someone know where you are going and when you think you will reach your destination.

If you become stranded in your vehicle during a Winter storm:

- ◆Stay in 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.
- ◆You can turn on the dome light at night, but only when running the engine.

Prepare your home for winter by doing the following:

- ◆Have your heating system checked and cleaned at regular intervals.
- ◆Make sure your home is properly insulated. Seal any windows that you suspect allow cold air into the house.
- ◆Wrap pipes with insulation and know how to turn off the water, should the need arise.
- ◆Include a home safety kit that includes extra non-perishable food, medicine, and a battery operated radio.

If you lose heat in your home:

- ◆Seal off any unused rooms by stuffing towels or rags in the cracks under the door.
- ◆Cover the windows with blankets or sheets at night if you have some extras available.
- ◆Use only devices that are designed for heating indoors during as emergency heat source and handle all safety precautions.