



INJURY PREVENTION

Quick Review of Safety

Safer Travel in Winter Storms

PREPAREDNESS

- Review the weather forecasts for the entire route and consider rescheduling to avoid being on the road in a storm.
- Dress warmly in multiple layers.
- Wear footwear with good tread that keeps feet warm and dry.
- Keep a well-maintained vehicle with adequate gas, windshield washing fluid, unobstructed lights and signals, and good tire pressure.
- Keep a clean windshield; have extra windshield washing fluid.
- Consider using snow-tires or high traction tires for the winter.
- Bring a cell phone or other communications device and, if possible, let others know your route and when to expect you.

WINTER SURVIVAL KIT

- Small, sharp knife and plastic spoons
- Red bandanna or cloth (to attract attention)
- Safety pins
- Whistle
- Cell phone charger
- Plastic flashlight and spare batteries
- Small first-aid kit
- Small candles and matches
- Small packages of food that can be eaten hot or cold that last a long time such as raisins, miniature candy bars or chocolate, wrapped hard candies and energy or granola bars

(Over)



INJURY PREVENTION

Quick Review of Safety

Safer Travel in Winter Storms

PREPAREDNESS

- Review the weather forecasts for the entire route and consider rescheduling to avoid being on the road in a storm.
- Dress warmly in multiple layers.
- Wear footwear with good tread that keeps feet warm and dry.
- Keep a well-maintained vehicle with adequate gas, windshield washing fluid, unobstructed lights and signals and good tire pressure.
- Keep a clean windshield; have extra windshield washing fluid.
- Consider using snow-tires or high traction tires for the winter.
- Bring a cell phone or other communications device and, if possible, let others know your route and when to expect you.

WINTER SURVIVAL KIT

- Small, sharp knife and plastic spoons
- Red bandanna or cloth (to attract attention)
- Safety pins
- Whistle
- Cell phone charger
- Plastic flashlight and spare batteries
- Small first-aid kit
- Small candles and matches
- Small packages of food that can be eaten hot or cold that last a long time such as raisins, miniature candy bars or chocolate, wrapped hard candies and energy or granola bars

(Over)

CAR KIT

- Jumper cables
- Basic tools
- Sand, cat litter, chicken grit or other abrasive for traction
- Shovel
- Tow cables or chain
- Sleeping bag or blankets
- Road flares or reflectors
- Snow suit and heavy boots

BEST PRACTICES

When traveling in a winter storm:

- Do not travel unless it is necessary; wait until roads are plowed or the storm is over
- Travel slowly and increase following distance between you and the car ahead of you
- Accelerate and decelerate slowly
- Take turns slowly and gradually
- Turn in the direction of the skid
- If your vehicle has anti-lock brakes, apply constant pressure to the brakes and steer in the direction you want to go
- If your vehicle does not have anti-lock brakes, brake with a gentle pumping action
- Be able to see and be seen

If in accident or your vehicle breaks down:

- Move vehicle out of traffic and park
- Call 911 for any emergencies
- Stay in your vehicle
- Remain calm; the storm will end and you will be found
- Keep snow off of the radiator and away from the exhaust pipe
- Keep fresh air in the vehicle; wet or wind-driven snow can plug the exhaust system and cause deadly carbon monoxide gas to enter the vehicle
- Do not expect comfort; it is better to be cold and awake rather than warm and sleepy

CAR KIT

- Jumper cables
- Basic tools
- Sand, cat litter, chicken grit or other abrasive for traction
- Shovel
- Tow cables or chain
- Sleeping bag or blankets
- Road flares or reflectors
- Snow suit and heavy boots

BEST PRACTICES

When traveling in a winter storm:

- Do not travel unless it is necessary; wait until roads are plowed or the storm is over
- Travel slowly and increase following distance between you and the car ahead of you
- Accelerate and decelerate slowly
- Take turns slowly and gradually
- Turn in the direction of the skid
- If your vehicle has anti-lock brakes, apply constant pressure to the brakes and steer in the direction you want to go
- If your vehicle does not have anti-lock brakes, brake with a gentle pumping action
- Be able to see and be seen

If in accident or your vehicle breaks down:

- Move vehicle out of traffic and park
- Call 911 for any emergencies
- Stay in your vehicle
- Remain calm; the storm will end and you will be found
- Keep snow off of the radiator and away from the exhaust pipe
- Keep fresh air in the vehicle; wet or wind-driven snow can plug the exhaust system and cause deadly carbon monoxide gas to enter the vehicle
- Do not expect comfort; it is better to be cold and awake rather than warm and sleepy