



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)



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(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



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