

## Winter Safety

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall. If you live in cold regions where winter is severe, consider preparing yourself for winter.



### Winter Driving

Prepare your car for treacherous conditions and extremely cold temperatures – and know what to do if you find yourself stranded in a vehicle.

- Drive only if it is absolutely necessary. If you must drive, travel during the day.
- Don't travel alone. Keep others informed of your schedule.
- Stay on main roads and avoid back road shortcuts.
- Top off antifreeze, windshield wiper fluid, gas, oil and other fluids.
- Make sure your tires have enough tread. Consider snow tires.
- Keep bagged salt or sand in the trunk for extra traction and to melt ice.
- Clear snow from the top of the car, headlights and windows.
- Save the numbers for your auto club, insurance agent and towing service into your cell phone.
- Keep a cold-weather kit in your trunk. It should include a blanket or sleeping bag, gloves, hard candy, bottled water, folding shovel, first aid kit, flashlight and cell phone charger.

### Cold-related injuries

- Watch for signs of frostbite: loss of feeling and white or pale appearance in extremities. If any of these occur, get medical help immediately.
- Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion.

- If any of the hypothermia symptoms appear, get yourself (or the victim) to a warm location, remove wet clothing, and warm the center of the body first.



Give the patient warm, non-alcoholic beverages if they are conscious. And of course, get medical help as soon as possible.

- Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:
- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
  - Work slowly when doing outside chores. Do not put your hands in pockets as it will not allow to catch your balance if you slip or trip while walking
  - Take a buddy and an emergency kit when you are participating in outdoor recreation or working outside.
  - Carry a cell phone.

