



# WINTER SAFETY

**Make sure you are prepared for a winter storm: at home, outside, and on the road.**

## ***At Home:***

- Create a kit with a battery-powered flashlight (with extra batteries!), portable radio, extra food, can opener, and bottled water. Don't forget specialty items for infant, elderly, or disabled family members and pets.
- Ensure each member of the household has a warm coat, gloves, hat, and water-resistant boots. Keep extra blankets or heavy clothes handy.
- Be aware of potential fire and carbon monoxide hazards in your home and test these alarm sensors regularly.

## ***Outside:***

- Avoid overexertion, such as shoveling heavy snow, pushing a disabled car, or walking in deep snow. This can put a strain on the heart and sweat can cause chill and hypothermia. Wear loose-fitting, lightweight clothing in layers with a waterproof outer layer. Change wet clothes regularly and wear a wool hat and mittens.
- Walk carefully on snowy and icy sidewalks, road shoulders, and driveways.
- Understand the hazards of wind chill, as wind speeds increase so does the speed body heat is carried away from the body. Dress warm and protect exposed skin.



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## ***On the Road***

- Be sure your vehicle is winterized in late-Fall. Top off windshield wiper fluid, fill your cooling system with the right mix of antifreeze and water, and check your tire treads. Do a Fall "tune-up" at your local mechanic's shop for checking belts, hoses, and your battery.
- Keep your fuel tank filled throughout winter. Low fuel levels can cause condensation which will degrade fuel quality and potentially causing the lines to freeze. In the event of a slide-off, keeping fuel levels topped off allows time to keep your vehicle running until help arrives.
- Keep the following in an emergency kit:
  - **A battery-powered flashlight**
  - **Extra batteries**
  - **A portable radio**
  - **Cell phone charger**
  - **Jumper cables**
  - **Windshield scraper**
  - **Fire extinguisher**
  - **Shovel and kitty litter or sand**
  - **Blanket and extra clothes**
  - **Flares and a "Help" sign**
  - **Bottled water and non-perishable snacks**
  - **First aid kit**
  - **Tire repair kit and pump**
  - **Tow chain and rope**
  - **De-icer and anti-freeze**
  - **A hi-vis vest or jacket**