

Winter Driving: Take it **S L O W**



Driving in the winter can be harrowing, especially if there is snow, sleet, hail or ice. Although there tend to be fewer traffic fatalities during the winter months, there are more crashes, and the crashes that occur tend to be more serious.

If employees heed a few simple tips, it can help ensure safe trips during the winter.

Check the Weather Before You Go

If the weather is frigid, you're going to want to warm up the car before you drive it. To prevent carbon monoxide poisoning, never leave a vehicle running in an enclosed area, such as a garage. In fact, the Consumer Product Safety Commission warns that a car running in an attached garage is never safe, even with the garage door open.

If the forecast looks iffy, wait out the storm if possible. But if you must travel, make sure you share your travel plans and route with someone before you leave.

Clean all your sensors before you drive, including backup or blind-spot monitoring camera lenses. If it snowed the night before, make sure to brush off your car – even the roof – before you take off. Remember to slow down and take your time.

Understand What Your Car Can Do

Technologies available in many cars today can be particularly useful in winter weather. Some of the more useful features for inclement weather include:

- **Adaptive headlights, which move side to side as the vehicle turns**
- **Anti-lock brakes, which help prevent wheels from locking and allow the driver to steer safely**
- **Electronic stability control, which works automatically to help the driver maintain control of the car during hard steering maneuvers**
- **Traction control, which helps your wheels gain traction on slippery surfaces**
- **Temperature warning, which alerts you when outside temperatures are at or below freezing**

MyCarDoesWhat?

is a campaign from the National Safety Council and the University of Iowa to help educate drivers on dozens of new vehicle safety technologies. Visit MyCarDoesWhat.org for more information about these and other safety assistance technologies.



Prepare Your Car for Winter

Besides checking the weather, it's important to get your car ready for winter driving. Check for open recalls by entering your license plate number at checktoprotect.org. If you have a recall, get it fixed as soon as possible. Have a mechanic check the condition of the following vehicle systems before heading out on the road:

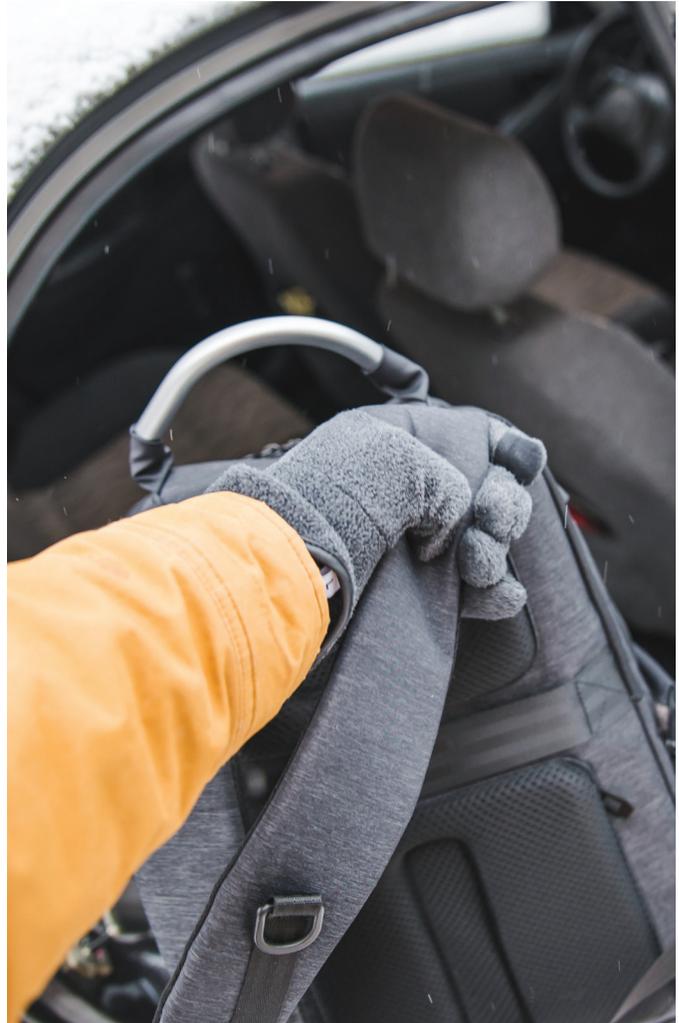
- Ignition
- Brakes
- Wiring
- Hoses and fan belts
- Spark plugs
- Distributor
- Battery
- Tire tread depth and air pressure
- Antifreeze level

Don't Leave Home Without These

In an emergency situation, in addition to a full tank of gas and fresh antifreeze, the National Safety Council recommends having these with you at all times:

- Properly inflated spare tire or tire sealant
- Shovel
- Phone charger
- Jumper cables
- Tow and tire chains
- Bag of ice melt, rock salt or cat litter for better tire traction or to melt snow and ice
- Tool kit (seatbelt cutter, hammer/mallet, flathead and Phillips screwdrivers, pliers and pocket knife, or a combi tool)
- Flashlight and extra batteries
- Reflective triangles or flares
- First aid kit
- Windshield washer fluid
- Ice scraper and snow brush
- Matches/lighter in a waterproof container
- String or cord
- Bottled water and nonperishable, high-energy foods like unsalted canned nuts, protein or energy bars, dried fruits and hard candy
- Blankets, mittens, hand warmers, socks and hats

Winter road trips – even short ones – are a great way to celebrate with family and friends. Being prepared can ensure a safe and happy time is had by all. If in doubt don't drive.



Cold weather can kill

Do you know the signs?

Frostbite signs are bright red skin becoming waxy, gray or white, and numb. It often affects **fingers, toes, ears and face.**



Frostbite Do's

- **Seek medical care immediately.** Frostbite is a serious injury.
- **Get into a warm room** and immerse the affected area in luke-warm water (99-104° F or 37-40° C) for 20 to 30 minutes only if medical care will be delayed and if there is no danger of the skin refreezing.
- **Remove wet clothing** and constricting items, and protect between fingers and toes with dry gauze.
- **Warm the extremity** with your own body heat: for example, hold frostbitten fingers under your arm.
- **Protect and elevate** the affected area.



Frostbite Don'ts

- **Rub the frostbitten** area with snow.
- **Massage the frostbitten** area or walk on frostbitten toes to avoid further tissue damage.
- **Use a heating pad, heat lamp, hot water** or other high-temperature heat sources to warm the skin.
- **Use chemical warmers** directly on frostbitten tissue.

Hypothermia signs are shivering, drowsiness, confusion, fumbling and slurred speech.



Hypothermia Do's

- **Take the victim's temperature** and if it is 95°F or below, get medical attention immediately.
- **Get the victim into a warm room** and give warm, nonalcoholic beverages. Don't give beverages if the victim is unconscious.
- **Remove wet clothing.**
- **Warm the center of the victim's body first** — head, neck and torso — with an electric blanket, layers of blankets, or skin-to-skin contact.



Hypothermia Don'ts

- **Assume an unconscious victim is dead.** If the victim is unconscious and appears not to have a pulse or be breathing, call emergency medical services and give CPR while the victim is being warmed. Victims of hypothermia are often successfully resuscitated.
- **Rub or massage the victim's skin.** Be very gentle when handling the victim.

Watch out for signs of frostbite and hypothermia in yourself and those around you. Let's all keep each other safe.



For more information on this and other safety topics, please visit www.shep-ok.org/news.

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S L O W



Checklist

- ✓ Check the weather and your route before you go
- ✓ Allow enough time for traveling
- ✓ Warm up the car in an open air space
- ✓ If it snowed the night before, brush off your entire car before you take off
- ✓ Make sure your windshield, mirrors, sensors and back up camera are free of ice and dirt
- ✓ Become familiar with your car's safety features that will assist you in inclement weather
- ✓ Have a safety checkup done on your vehicle and make sure tires, brakes and windshield wipers are in good working order
- ✓ Keep the gas tank at least half full
- ✓ Have an emergency kit in the trunk that includes: Blankets, hats, gloves, hand warmers, socks, bottled water, nonperishable food items, phone charger, flashlight with extra batteries, scissors, string or cord, matches/lighter in a waterproof container, reflective triangles or flares, tool kit or combi tool, ice scraper, shovel, ice melt, rock salt or cat litter, windshield washer fluid, first aid kit, compass
- ✓ Check your tires to ensure proper inflation and tread depth for winter weather driving
- ✓ Let someone know where you are going and notify them when you arrive
- ✓ Slow down and Increase following distance

When you arrive at your destination:

- ✓ Choose a different parking space if you detect ice before exiting the vehicle
- ✓ Walk slowly, keeping your hands free for balance
- ✓ Stay on treated even surfaced sidewalks as much as possible.
- ✓ Avoid distracted walking

**Decide to stay home if your local weather
and road conditions seem extreme**



Visit shep-ok.org/our-affiliates for more resources.

Working safely in cold environments



1. To maintain fluid levels and preserve body heat:

- a. Drink warm, non-alcoholic, liquids
- b. Eat warm solid foods
- c. Drink hot caffeinated beverages
- d. a and b
- e. All the above

2. You may be at increased risk of cold- induced injuries and illnesses if you suffer from a health condition, are taking medication or are in poor physical condition.

- a. True
- b. False

3. Frostbite is the most common cold-induced injury. It usually affects the fingers, hands, toes, feet, ears and nose.

- a. True
- b. False

4. Some symptoms of mild dehydration include:

- a. Weakness
- b. Dizziness
- c. Fatigue
- d. Dry mouth
- e. All the above
- f. c and d

5. Symptoms of hypothermia include:

- a. Change in mental status
- b. Dark and puffy skin
- c. Cool abdomen
- d. Low core body temperature
- e. a and d
- f. all the above

Answers: 1-d, 2-a, 3-a, 4-e, 5-f

