



# SAFETY TIP OF THE WEEK

## The basics for WALKING & WORKING in the winter.

### Footwear & Clothing

Make sure shoes fit properly and are laced, buckled or secured as designed. Wear shoes that are designed to create traction on ice, snow or wet surface conditions. Avoid wearing flip flops, leather soles, tennis shoes or shoes that have worn tread. Wear shoes and clothing that are insulated, waterproof or have been winterized when conditions are not clear and dry. This will help prevent cold stress such as hyperthermia or frost bite.

Safety Vests provide added visibility in high traffic areas, dusk/dark hours and when it's raining or snowing. Layering clothing is recommended when it is extremely cold.

### Surroundings

Avoid distracted walking, keep your eyes scanning the ground and surroundings for trip, fall or struck by hazards. When the ground is covered with snow or ice take small calculated steps to help with balance and secure footing. Walk slowly, and keep your hands free to counter balance yourself in the event you begin to lose balance. Use a flashlight during dusk/dark time or when weather conditions are not clear. This will help others see you and minimize your risk of being injured. See what is ahead of you is important in avoiding slip, trip or fall hazards.

### Supplies

It is important to carry extra food, water, warm clothing, blankets, batteries and medical supplies you need in the event you are delayed long periods of time out on the road, or broke down. Always keep your phone charged. Double check you have your phone charger. It is always good to have your emergency contact phone numbers written down in the event your phone is not accessible.

## The basics for DRIVING in the winter.

Slow down. It's harder to control or stop your vehicle on a slick or snow-covered surface. In fact, the NHTSA reported in 2019, there were an estimated 182,000 police-reported crashes that occurred in wintry conditions. On the road, increase your following distance enough so that you'll have plenty of time to stop for vehicles ahead of you.

Don't crowd a snow plow or travel beside the truck. Snow plows travel slowly, make wide turns, stop often, overlap lanes, and exit the road frequently. If you find yourself behind a snow plow, stay far enough behind it and use caution if you pass the plow.

## What to Do in an Emergency

If you are stopped or stalled in wintry weather, stay focused on the safety of yourself and your passengers, your vehicle, and your surroundings.

**Avoid stopping on the shoulder** of the road if possible. Find a safe and legal place to park. If you are not able to park in a safe and legal place due to a breakdown crash or other circumstance, set up your emergency equipment such as flares, triangles or cones.

**Never put yourself in harm's way** of moving vehicles or equipment that could hit you. Never take for granted others see you. Exercise extreme caution, wear bright colored clothing when setting up your emergency equipment.

**Be mindful of carbon monoxide poisoning.** Make sure your exhaust pipe is clear of any snow and run your vehicle only sporadically — just long enough to stay warm. Don't run your vehicle for long periods of time with the windows up or in an enclosed space. If you suspect any exhaust leaks immediately get your vehicle inspected.

## Equipment / Inspections

Always conduct your vehicle inspection's as instructed. Any out of service items noted need to be corrected immediately. As the outside temperature drops, so does tire inflation pressure. Make sure each tire is filled to the vehicle manufacturer's recommended inflation pressure, which is in your owner's manual and on a label located on the driver's side door frame. It's best to check the tires when they're cold, meaning that they have not been driven on for at several hours. An inspection is not just about checking tire pressure and age.

Remember to check tires for any damage or conditions that may need attention; the tread and sidewalls for any cuts, punctures, bulges, scrapes, cracks, or bumps. The tread should be at least 2/32 of an inch or greater on all tires; and your spare tire.

The proper training is needed to secure snow chains properly and safety to the tires when needed. If you have not received instruction or training on applying snow chains please do so right away. Don't wait until you need them and struggle because you have never used them before. It is very dangerous working around the vehicle so make sure you **SET YOUR PARKING BRAKES!**

