



# Winter Weather Safety Tips



## ***Be Prepared Before the Storm Strikes!***

When preparing your home or workplace for the upcoming winter season, keep in mind that the primary concerns deal with the loss of heat, power and telephone service, along with a shortage of supplies if a winter storm continues for an extended period of time.

### ***Make sure to have the following supplies available:***

- ◆ Flashlight and extra batteries
- ◆ Battery-powered NOAA Weather Radio and portable radio to receive emergency information - these may be your only links to the outside
- ◆ Extra food and water. Have high energy food, such as dried fruit, nuts and granola bars, and food which requires no cooking or refrigeration.
- ◆ Extra medicine and baby items
- ◆ First-aid supplies
- ◆ Heating fuel. Refuel BEFORE you are empty. Fuel carriers may not reach you for days after a winter storm.
- ◆ Emergency heat source: fireplace, wood stove, space heater
  - Use properly to prevent a fire and remember to ventilate properly.
- ◆ Fire extinguisher and smoke alarm
  - Test smoke alarms once a month to ensure they work properly.

### ***On the farm and for pets:***



- ◆ Move animals into sheltered areas.
- ◆ Shelter belts, properly laid out and oriented, are better protection for cattle than confining shelters.
- ◆ Haul extra feed to nearby feeding areas.
- ◆ Have plenty of water available. Animals can die from dehydration in winter storms.
- ◆ Make sure your pets have plenty of food, water and shelter.





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## **I'm caught outside:**

- ◆ Find shelter!
- ◆ Attempt to stay dry.
- ◆ Cover all exposed body parts.
- ◆ If there is no shelter available:
  - Build a lean-to, windbreak or cave to protect yourself
  - Build a fire for heat and to attract attention
  - Place rocks around the fire to absorb and reflect heat
  - Melt snow for water, eating snow lowers body temperature

## **I'm caught in a vehicle:**

- ◆ Stay in the vehicle! You could quickly become disoriented in wind-driven snow and cold.
- ◆ Run the motor about 10 minutes each hour for heat.
- ◆ Open the window a little for fresh air to avoid carbon monoxide poisoning.
- ◆ Make sure the exhaust pipe is not blocked.
- ◆ Be visible to rescuers!
  - Turn on the dome light at night when running the engine
  - Tie a colored cloth, preferably red, to your antenna or door
  - After the snow stops falling, raise the hood to indicate you need help
- ◆ Exercise from time to time, move arms, legs, fingers, and toes vigorously to keep blood circulating and to keep warm.



## **I'm caught inside:**

- ◆ Stay inside! If using alternate heat from a fireplace, wood stove, space heater, etc., be sure to use fire safeguards and properly ventilate.
- ◆ If you don't have heat available:
  - Close off unneeded rooms.
  - Stuff towels or rags in cracks under doors.
  - Cover windows at night.
- ◆ Eat and drink, providing the body with energy and preventing dehydration.
- ◆ Wear layers of loose fitting, lightweight, warm clothing. Remove layers to avoid perspiration and subsequent chill.





# Winter Weather Travel Tips



Along with your home and workplace, vehicles also need to be prepared for the upcoming winter season. It is very important to fully check and winterize your vehicle, which includes having a mechanic check your battery, antifreeze, wipers, windshield washer fluid, ignition system, thermostat, lights, exhaust system, heater, brakes, and oil levels.

If you must travel during winter conditions, it is best not to travel alone. Try to plan your travel during the day, and make sure to let others know your destination, route, and when you expect to arrive. Make sure to keep your gas tank near full to avoid ice in the tank and fuel lines.

## ***Always carry a Winter Storm Survival Kit in your car!!***

- ◆ Mobile phone, charger and batteries
- ◆ Flashlight with extra batteries
- ◆ First-aid kit
- ◆ Knife
- ◆ Shovel
- ◆ Tool kit
- ◆ Tow rope
- ◆ Battery booster cables
- ◆ Compass and road maps
- ◆ A windshield scraper and brush or small broom for ice/snow removal
- ◆ Blankets and sleeping bags, or newspapers for insulation
- ◆ Rain gear, extra sets of dry clothes, socks, mittens, and stocking caps



- ◆ Large empty can to use as emergency toilet. Tissues, paper towels, and plastic bags for sanitary purposes
- ◆ Small can and waterproof matches to melt snow for drinking water
- ◆ Cards and games
- ◆ High calorie, non-perishable food, such as canned fruit, nuts, and high energy "munchies" (Include a non-electric can opener if necessary)
- ◆ A small sack of sand or cat litter for generating traction under wheels and a set of tire chains or traction mats.
- ◆ A brightly colored (preferably red) cloth to tie to the antenna

