



WINTER READINESS



WINTER SAFETY TIPS

November 2016

Winterize Your Car Have the Following Checked:	Keep a Winter Car Kit Have These Items in Your Car:	
<ul style="list-style-type: none"> <input type="checkbox"/> Battery <input type="checkbox"/> Antifreeze <input type="checkbox"/> Wipers and Windshield Washer Fluid <input type="checkbox"/> Ignition System <input type="checkbox"/> Thermostat <input type="checkbox"/> Lights <input type="checkbox"/> Adequate Tread on Tires <input type="checkbox"/> Hazards <input type="checkbox"/> Exhaust System <input type="checkbox"/> Heater <input type="checkbox"/> Brakes <input type="checkbox"/> Defroster <input type="checkbox"/> Oil Level (If necessary, replace existing oil with a winter grade oil) 	<ul style="list-style-type: none"> <input type="checkbox"/> Blanket(s) and/or Sleeping Bag <input type="checkbox"/> Bottled Water for Drinking <input type="checkbox"/> Extra Oil, Transmission, and Brake Fluid <input type="checkbox"/> Flat Fixer (an aerosol can that will inflate and plug the hole in the tire until you can get somewhere else) <input type="checkbox"/> A Spare Tire / Fuses <input type="checkbox"/> Radiator Fixer (similar to the flat fixer) <input type="checkbox"/> Food (high calorie food, e.g. candy & nuts) <input type="checkbox"/> A Store of Necessary Medications for 2-3 days (if applicable) <input type="checkbox"/> Emergency Phone Numbers/ Phone Book 	<ul style="list-style-type: none"> <input type="checkbox"/> A Battery-Powered Radio <input type="checkbox"/> Extra Clothing (including gloves, hats and boots) <input type="checkbox"/> Highway Flares <input type="checkbox"/> Shovel/Scraper/Brush <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Flashlight <input type="checkbox"/> Extra Batteries <input type="checkbox"/> Brightly Colored Cloth to Use as Flag <input type="checkbox"/> A Set of Chains and/or a Bag of Sand or Kitty Litter May Come in Handy <input type="checkbox"/> Extra Windshield Washer Fluid <input type="checkbox"/> Battery Cables <input type="checkbox"/> Cell Phone and Charger/Adapter <input type="checkbox"/> Always Keep a Full Tank of Gas
Shelter at Work – What Supplies do I need? <ul style="list-style-type: none"> <input type="checkbox"/> Water – at least a 3-day supply; 1 gallon per person per day <input type="checkbox"/> Cell Phone with chargers <input type="checkbox"/> Food – at least 3-day supply non-perishable, easy to prepare food. <input type="checkbox"/> Personal Hygiene items <input type="checkbox"/> Medications (7-day supply) and medical items (hearing aids, batteries, glasses, contact Lenses, etc.) 		
Trapped in Your Car in a Blizzard? <ul style="list-style-type: none"> <input type="checkbox"/> Stay in the car. Do not leave to search for assistance unless help is visible within 100 yards. You may become disoriented and/or lost in blowing and drifting snow. <input type="checkbox"/> Display a trouble sign –hang a brightly colored cloth on the radio antenna. <input type="checkbox"/> Occasionally run the engine to keep warm. Turn on the engine for about 10 minute each hour; run the heater & turn on dome light when the car is running. <input type="checkbox"/> Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow and open a downwind window slightly for ventilation. <input type="checkbox"/> Watch for signs of frostbite and hypothermia. Do minor exercises to keep up circulation. Clap hand and move arms and legs occasionally. Do not stay in one position for too long. <input type="checkbox"/> If more than one person is in the car, take turns sleeping. Huddle together for warmth. Newspapers, maps and even the removable car mats can be used for added insulation. <input type="checkbox"/> Avoid overexertion. Cold weather puts an added strain on the heart. Unaccustomed exercise (like shoveling snow or pushing a car) can trigger a heart attack or make other medical conditions worse. <input type="checkbox"/> Be aware of symptoms of dehydration. 		
Frostbite and Hypothermia: Frostbite is a severe reaction to the cold and can permanently damage its victims. Symptoms include a loss of feeling and a white or pale appearance in fingers, toes, nose or ear lobes. Hypothermia occurs when body temperature drops below 95°F. Symptoms include uncontrollable shivering, slow speech, memory lapses, frequent stumbling and exhaustion. <ul style="list-style-type: none"> <input type="checkbox"/> If frostbite or hypothermia is suspected, begin warming the person slowly, using your body heat to help. Warm the person’s trunk first; arms & legs should be warmed last – stimulation of the limbs can drive cold blood toward the heart & lead to heart failure. <input type="checkbox"/> Put the person in dry clothing and wrap the entire body in a blanket. <input type="checkbox"/> Never give a frostbite or hypothermia victim caffeine or alcohol. Caffeine can cause the heart to beat faster & hasten the effects the cold has on the body. Alcohol can slow the heart and hasten the ill effects of cold body temperatures. 		