

# Safety Bugle



## Today's Topic: Winter Walking & Driving

### Introduction:

Winter, and the snow and ice it brings to cover the roads, sidewalks and parking lots can be quite dangerous. With only a light wind, a little snow can cover sidewalks and roadways in minutes and create a slippery dangerous surface.

### Winter Driving:

While no one enjoys driving in snowy or slippery conditions, there are steps you can take to help improve your safety.



- Check highway conditions before you leave for the work. Take the time to check road and weather conditions to allow adequate time to arrive safely.
- Never warm up a vehicle in an enclosed area, such as a garage.
- Make certain your tires are properly inflated.
- Keep your gas tank at least half full to avoid gas line freeze-up.
- If possible, avoid using your parking brake in cold, rainy and snowy weather.
- Do not use cruise control when driving on any slippery surface (wet, ice, sand).
- Reduce speed. Speed limits are based on normal road and weather conditions, not winter road conditions.
- Maintain at least three times the normal following distance on snow or ice.
- Watch carefully for snow removal equipment and stay at least 200 feet back if you are behind a snow plow.
- Use extra caution on bridges, ramps, overpasses and shaded areas as they tend to freeze first.
- If you start to slide, ease off the gas pedal or brakes. Steer into the direction of the skid until you feel you have

regained traction then straighten your vehicle.

- Always be aware of other vehicles around you and drive defensively.

### Defensive Walking:

Just like being a "defensive driver" to avoid accidents, become a "defensive walker" to avoid winter falls:

- Plan ahead to ensure sufficient time to reach your destination.
- Wear boots/shoes with non-slip tread.
- Use care getting in and out of your vehicle. Hold onto the door frame to steady yourself.
- Assume all wet, dark areas on pavement are slippery and icy.
- Avoid "off-sidewalk short-cuts" – which don't receive maintenance.
- Don't text & walk at the same time.
- Use available handrails.
- Try not to carry items in your arms that can cause you to be unbalanced.
- Remove snow from shoes before entering any building.

### Walk Like A Penguin:

- Walk flat footed
- Take short steps or shuffle for stability
- Concentrate on maintaining your balance
- Keep your head up and don't lean forward
- Shorten your stride and walk slowly to safely navigate an icy path
- Point your feet out slightly to increase stability
- Keep your arms at your sides (not in your pockets) to maintain balance



If you fall, relax and try to fall as limply as possible. Avoid using your arms to stop your fall.