HAZARD AWARENESS

WALKING & WORKING OUTSIDE:

<u>Slippery Surfaces</u> – rain, ice, and snow

Reduced Peripheral Vision – umbrellas, jacket hoods, and hats can limit range of vision

<u>Check the Weather</u> – before leaving the house in the morning and prepare for the predicted weather

<u>Be Visible</u> – low lights and longer days means it is important to be cautious for yourself and be more visible to others

<u>Weather Alert Notifications</u> – federal, state, and local emergency agencies have websites and apps that provide emergency weather notifications for everyone that signs up

- https://www.weather.gov/ale
 rts
- https://www.weather.gov/wr n/wea
- https://www.fema.gov/mobil
 e-app
- Check your county's emergency management agency for local alerts

COLD EXPOSURE

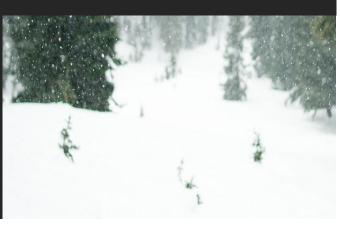
the risk of cold-stress illness. Other
factors can make the risk higher –
getting wet, sweating, and
pre-existing medical
conditions.



Winter Safety Tips & Ideas







VEHICLE SAFETY

CHECK YOUR VEHICLE'S CONDITION & SCHEDULE SERVICE AS NEEDED:

- All weather tires
- Battery
- Brakes and rotors
- Windshield wipers
- Verify all lights work
 - o Headlights
 - o Fog lights
 - o Brights
 - o Turn signals
 - Daytime running lights
 - Brake lights
 - o Rear lights
 - o Reverse lights

VEHICLE EMERGENCY KITS:

<u>First aid</u> – a basic kit can be purchased or pieced together

Overnight bag – in case you are stuck somewhere due to weather or road conditions an overnight bag can cover most situations

<u>Tools</u> – a set of LED road emergency lights, jumper cables, snow chains, spare tire kit, and the vehicle owner's manual

<u>Extras</u> – headlamp, blanket, fire extinguisher, towel, baby wipes, and waterproof matches



SAFETY PRODUCT IDEAS:

<u>Traction Shoe Covers</u> – go over tennis shoes and flat boots to dig into ice and snow, such as Yaktrax, Icetrax, and Sabilicers

<u>Pedestrian & Commuter Visibility</u> – lights and reflector accessories that can be worn by anyone to be more visible in the dark hours, such as clip on LED bike lights, hi-vis clothing, reflective armbands and belts with or without LED lights, and reflective hats

WINTER INDOOR AIR QUALITY:

THE LEWIS BELL

Cold weather means more tightly sealed buildings with regularly running heat sources.

PREVENTING CONTAMINANT BUILDING:

- Dust surfaces and vacuum carpets at least weekly
- Use cleaning products that don't emit vapors (aerosols)
- On warmer days at peak temperatures open windows even for a few minutes
 - Do not open windows that are directly next to vehicle exhaust

DRESSING FOR THE COLD

CHILLY: 40 - 50 DEGREES

Outer layer to keep out wind and rain, 1-2 under layers, long pants and sleeves, and good shoes. Good shoes are flat with non-slip soles and waterproof.

COLD: 20 - 40 DEGREES

Thicker outer layer to keep out wind, rain, and snow. Accessories like a warm hat, scarf, waterproof gloves, and ear muffs. 2-3 layers of tops and 1-2 layers of bottoms, all long. Waterproof boots.

EXTREME COLD: 20 DEGREES & BELOW

Snow coat to keep out wind and snow. Accessories like a warm hat, snow/face mask, snow gloves, and ear muffs. Long underwear shirt and pants, plus 1-2 more layers of clothes. Insulated, waterproof snow boots.

SPECIAL CONSIDERATIONS:

Know the "real feel temperature." This can be found on weather websites and apps. The real feel will include wind chill and dampness of the air that can impact how cold the air feels.

https://www.weather.gov/safety/coldbefore