WINTER WEATHER SAFETY

When Outside

- Dress in Layers and cover exposed skin.
- Wear waterproof shoes
- Take your time, don’t run
- Avoid being underneath trees in case of limb/ice collapse

Practice “Defensive Walking” techniques

- Waddle like a penguin! It really works!
- Use handrails
- Don’t text and walk
- Choose cleared/salted sidewalks
- Take slow short steps
When Driving

- Don’t speed
- Accelerate Slowly, and brake slowly
- Don’t be distracted by phones, people, or music
- Have an emergency kit in your car with jumper cables, blankets, first aid supplies, flashlight with extra batteries, boots, gloves, snacks, etc
- Always have your scraper and snow brush in your car
- Know your route
- Plan ahead! Give yourself extra time to prepare for your drive
- Keep your gas tank at least half full throughout winter

**Winter Vehicle Checklist.**

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